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Arches not so golden in Iceland

ECONOMY The Big Mac, long a symbol of globalization, has become the latest victim of Iceland's overexposure to the world financial crisis.

Iceland's three McDonald's restaurants — all in the capital Reykjavik — will close next weekend as the franchise owner gives in to falling profits caused by the collapse of the Icelandic krona.

"The economic situation has just made it too expensive for us," Magnus Ogmundsson, the managing director of Lyst Hr., McDonald's franchise holder in Iceland, told The Associated Press by telephone yesterday.

THE ASSOCIATED PRESS

News on the Move

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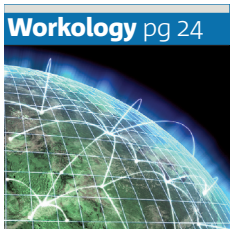
Food pg 33

Creeped-out cupcakes

Workology pg 24



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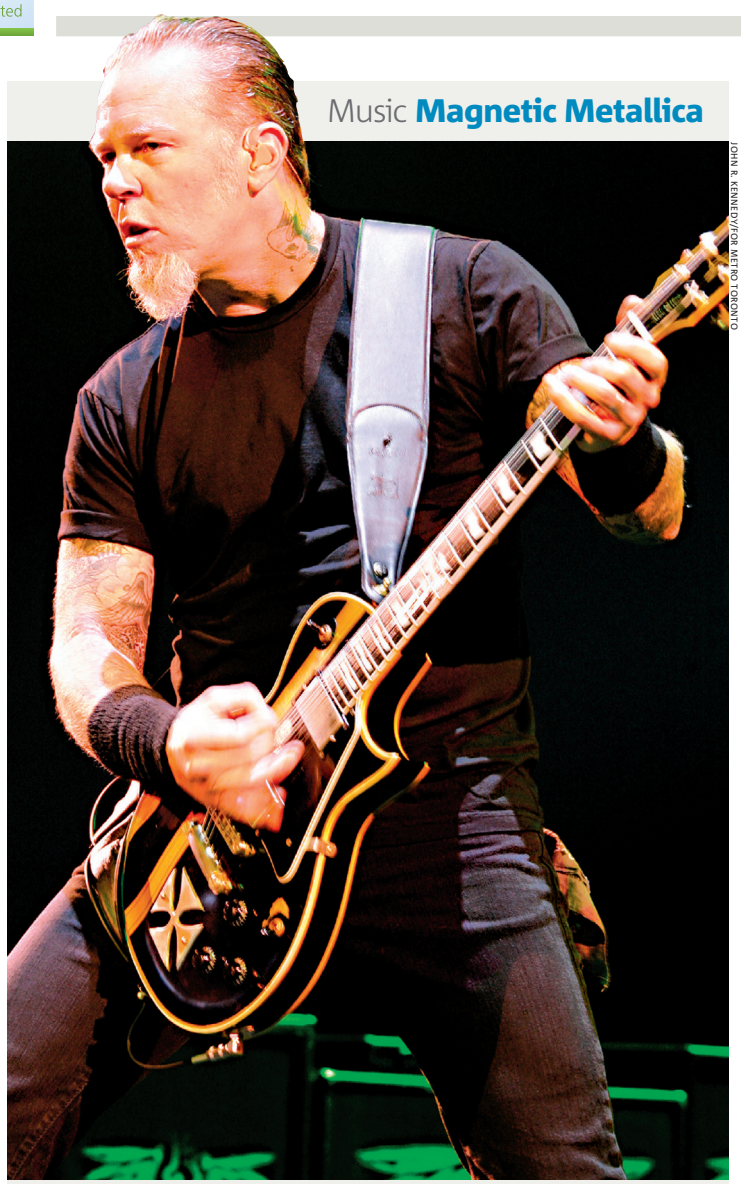
Music **Magnetic Metallica**



JOHN R. KENNEDY/FOR METRO TORONTO

James Hetfield and Metallica perform last night at the Air Canada Centre as part of the World Magnetic Tour. The veteran rock band has another sold-out show in Toronto tonight and then performs with U2 at a 25th Anniversary Rock & Roll Hall of Fame concert Friday. Review, page 40.

Patience, patients

Let those at risk get flu shots first: Health minister

Flu Outbreak

People in high-risk groups should get their H1N1 flu shots as soon possible, while others should wait until next week to start getting theirs, Ontario Health Minister Deb Matthews said yesterday.

Vaccinations are crucial, she said, to ensuring the pandemic doesn't turn disastrous.

"We know H1N1 is coming, it's already here and is coming even more," Matthews said.

"So we need to get people vaccinated to prevent the pandemic from taking the kind of toll we know it will take if people don't participate in the vaccination program."

Matthews made the comments in a hospital emergency department as the first shots were given to front-line health-care workers, one of the high-risk groups.

The first day of the province's vaccination program came as part of a national effort to curtail the spread of the swine flu.

> **"We need to get people vaccinated to prevent the pandemic from taking the kind of toll we know it will take if people don't participate in the vaccination program."**
> Health Minister Deb Matthews

"There was no pain whatsoever," said Dr. Bob Bell, CEO of the University Health Network and a surgeon, who rolled up his sleeve at the Toronto General Hospital.

"And there's a chocolate bar to follow."

Others at risk include those with chronic health conditions, as well as children between about six months and five years of age.

Ontario has enough vaccine to ensure everyone who wants or needs it will be able to get it — roughly 75 per cent of the population, the minister said.

THE CANADIAN PRESS

Castro's sister reveals she aided CIA in new book

One of Fidel Castro's sisters says in a memoir released yesterday that she collaborated with the CIA against her brother, starting shortly after the United States' failed Bay of Pigs invasion of Cuba in 1961.

Juanita Castro, 76, initially supported her brother's 1959 overthrow of the Batista dictatorship but quickly grew disillusioned.

In a Spanish-language memoir published by Santillana USA and co-written by journalist Maria Antonieta Collins, she says the wife of the Brazilian ambassador to Cuba persuaded her to meet a CIA officer during a trip to Mexico in 1961.

By then, her house had already become a sanctuary for anti-communists, and

Fidel Castro

Fidel Castro had warned her about getting involved with the "gusanos," or worms, as those who opposed the revolution were called.

Castro said in the book, My Brothers Fidel and Raul. The Secret Story, that she travelled to Mexico City under the pretense of visiting her younger sister Enma. There she also secretly met a CIA officer who identified himself as "Enrique" at the elegant Camino Real hotel.

A spokesman for the CIA in Langley, Va., declined to comment on Castro's account.

Castro said during the hotel meeting she expressed her concerns that those who supported Batista's overthrow but were not communists were being pushed out of the new government. Castro writes she agreed to help the CIA gather information but refused to accept money for her efforts and said she wanted no part in any violence.

THE ASSOCIATED PRESS

Free Daily News Group Inc., operating as Metro Toronto 1 Concorde Gate, Suite 703, Toronto, Ontario M3C 3N6. Publisher: Bill McDonald

The SOUND of MUSIC

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SCANLIFE

Local

14-year-old missing since Friday

Police are searching for a 14-year-old boy who has been missing since Friday evening. Jessie Mota Maciel, who police say only functions at a six- to eight-year-old level, was last seen near Emmett Avenue and Eglinton Avenue West around 6 p.m. Maciel was last seen wearing a white, long-sleeved polo shirt, green cardigan, blue denim jeans and a grey winter jacket with a thin yellow stripe across the chest.

TORSTAR NEWS SERVICE

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2009 Festival of Media Awards

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WHAT'S ONLINE TODAY

Your Money Allan Small details how the fortunes of the U.S. and Canadian dollar impact North American markets at metronews.ca/investing

Blog Gord McIntosh cuts through the political spin on Parliament Hill at **metronews.ca/spindoctor**

Lotteries

Ontario Pick 3: 2 8 3;
Ontario Pick 4: 2 7 7 4; **Encore:** 0057897
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These results are not official.

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Some just won't hang up

Police issue warnings to drivers caught using cellphones

Drivers who enjoy texting and chatting behind the wheel are the target of a crackdown on handheld devices that launched yesterday at midnight.

For the most part, people are behaving.

"What we found today was a lot of compliance," said Const. Hugh Smith, Toronto police traffic services. "Maybe by the end of the week when the big push tails off and people's habits come back … we might see those numbers come back up again."

During a two-hour citywide blitz yesterday officers handed out warnings and close to 5,000 pamphlets, many to drivers caught using a handheld cellphone, texting or sending emails. Some people just wanted to read up on the new law, said Smith.

Until Feb. 1, drivers who break the law will get off with a warning, unless dangerous driving charges are merited, police said. Breaking the new law could net drivers up to a $500 ticket, most are expected to be $100.

RICHARD LAUTENS/TORSTAR NEWS SERVICE

A driver spotted using her cellphone gets a warning and an information brochure from a Toronto police officer on the first day of a provincewide ban on using a hand-held device while driving.

At a news conference yesterday Ontario Transportation Minister Jim Bradley said although the government isn't contemplating adding demerit points to the penalty for distracted driving, it hasn't been ruled out.

TORSTAR NEWS SERVICE

Food bank falls short on cash donations

FOOD Although it received more food than it asked for, the Daily Bread Food Bank fell short on financial donations in its fall food drive.

The food bank asked for 500,000 pounds of non-perishables and $500,000 in donations. It received 633,000 pounds of food from drop-off centres at fire halls, schools and Metro grocery stores, and $324,000 in donations.

$57,000
For $57,000, a tractor-trailer of tuna will supply Daily Bread's 171 member agencies for three months.

Executive director Gail Nyberg said she was disappointed the drive lost steam on the financial side, but thinks people are more likely to give food than money when the economy is bad.

"They know where it's going. You give a can of soup, and it goes to someone in need. It's very clean," she said.

This is the second year the fall drive has fallen short of its financial goal. Last year, $317,000 was raised.

The organization uses money from its food drives to buy items they don't receive — dairy, meat and vegetables, and necessities like baby formula.

TORSTAR NEWS SERVICE

Two stabbed in brawl at hotel

CRIME York Regional Police are searching for suspects after two men were stabbed outside a Richmond Hill hotel last weekend.

Police say a fight involving between 15 and 20 men broke out in the lobby of the Sheraton Parkway Hotel just after 11 p.m. Saturday. The men were reportedly attending a party at the hotel.

When the group moved the fight into the parking lot, two of the men involved were stabbed repeatedly. They were treated for several non-life-threatening injuries.

TORSTAR NEWS SERVICE

Minister keeps study under wraps

REPORT Opposition parties are accusing the Ontario government of hiding more untendered contracts after it refused to release a $750,000 report into cost-cutting for generic drugs, which they say could result in a reduction of drug benefits to seniors and welfare recipients.

Health Minister Deb Matthews said the gist can be found on slides posted on her ministry's website.

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Armed robbery in Pickering
Durham police are searching for two suspects after a Pickering electronics store was robbed at gunpoint Friday evening. After the stores employees were tied up in a back room, two men grabbed several small electronic items and then ran from the store. TORSTAR NEWS SERVICE

Amber Alert guidelines simplified

Ontario police now have greater leeway for sounding the alarm in the critical first few hours of a child's disappearance under new Amber Alert guidelines spurred by the murder of an eight-year-old girl.

The abduction and slaying of Tori Stafford unleashed a torrent of criticism against Oxford Community Police for not issuing an alert after the Grade 3 student went missing outside her Woodstock, Ont., school in April.

The force said the case didn't meet the criteria.

Previously, police had to confirm a child had been abducted, believe the child to be in danger of serious harm or death, and have descriptive information about the child and a suspect or vehicle.

Tori Stafford

As of Monday, police will only have to believe, and not confirm, that a child has been abducted and fear that they are in any type of danger.

Authorities can also issue an alert without descriptive information about an abductor or vehicle.

"The Stafford investigation, you could say, was a catalyst to initiate the review, but it wasn't the only factor that led to the review being called," said provincial police Insp. Dave Ross.

"We routinely review programs and practices but certainly the case was a catalyst because it brought the program to the forefront."

Tori's father, Rodney Stafford, said he was pleased to hear about the changes.

"I think that's outstanding," he said.

The Amber Alert program was created in 1996, after the kidnapping and murder of nine-year-old Amber Hagerman in Arlington, Texas. Her community started it, hoping to prevent future abductions and improve the safety of children.

Ontario's program was set up in 2003 as a voluntary co-operative between radio and television stations and police and government agencies.

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Move to limit donations may die, councillors say

CITY HALL Toronto's proposal to ban union and corporate donations to candidates in next year's municipal election is in limbo, and some councillors fear it could quietly die.

The executive committee voted in January to outlaw the practice — paving the way for a campaign season funded by only individual donations of no more than $750. It was to come back to city council in September for final approval, but the item has been put off.

Deferred until October's executive meeting, on the grounds Queen's Park might be considering some changes to election law, the item was not brought back.

"We're worried," said Cliff Jenkins, who has pushed for the ban along with fellow councillors Michael Walker and Chin Lee.

They've filed a notice of motion, to be introduced today, to approve the ban and also prohibit councillors from keeping campaign surpluses for the next go-round.

Mayor David Miller said yesterday that he does not support bringing the corporate and union donations matter to a vote separately, but rather as part of a package of election reforms.

"I indicated … that I would be bringing back all of the reports," he said, arguing that being sure tenants get on the voters list is just as much a priority.

"They will all be forward in time to be adopted for next year's election cycle." TORSTAR NEWS SERVICE

12.4%
In 2006, corporate donations in Toronto represented 12.4 per cent of contributions to municipal campaigns, down from 21.6 per cent in 2006. Union contributions made up two per cent in 2006, up from 1.1 per cent in 2003.

Woman charged in son's death appears in Brampton court

AUTISM A 51-year-old woman appeared in a Brampton court yesterday charged with first-degree murder in the death of her 15-year-old autistic son, as her distraught husband struggled to deal with the tragedy.

Seow Cheng Sim, of Mississauga, was taken into custody after police were called to a hotel room Sunday and discovered the body of Tony Khor with signs of trauma.

Outside the courthouse yesterday, the boy's anguished father said he and his wife had quarrelled on Saturday and she asked him for a divorce.

Boon Khor, 51, said his wife then left the house with their son and he didn't hear anything until police contacted him Sunday.

Sim has been ordered held in custody and will be back in court on Friday.

THE CANADIAN PRESS

News in brief

OFFICERS CHARGED Two Toronto police officers have been charged with assaulting a man after an investigation was launched by the province's Special Investigations Unit. The SIU says Const. Edward Ing and Const. John Cruz are each facing one charge of assault causing bodily harm.

THE CANADIAN PRESS

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Brampton councillor wants integrity commissioner, code for council

Brampton Coun. Elaine Moore wants the city to hire an integrity commissioner and develop a code of conduct for city councillors. She will table the proposal in committee on Nov. 4. TORSTAR NEWS SERVICE

All-day kindergarten set for 2010: McGuinty

Premier Dalton McGuinty will announce today that it will take Ontario five years to phase in a much-touted plan to offer all-day kindergarten for all four- and five-year-olds, The Canadian Press has learned.

Some 35,000 kids — about 16 per cent of the eligible junior and senior kindergarten students in the education system — will be offered full-day learning next September, but the program will be fully implemented across the province by 2015, a government source said.

That will put it behind British Columbia, which plans to introduce full-day kindergarten for all five-year-olds by 2011.

"Full-day kindergarten is all about building the skills and education of tomorrow's workforce," the government source said. "We're doing this because it will make Ontario's economy stronger."

$500M Ontario has set aside $500 million to phase in the program, despite a projected $27.7 billion deficit this year.

It's unclear how many schools will offer the program and which cities may see it start up next year. But the five-year time frame is longer than expected.

McGuinty had previously warned that it could take more than three years to implement the plan, which will eventually turn some schools into one-stop family centres that include everything from daycare to employment services.

Ontario has set aside $500 million over two years to phase in optional, all-day kindergarten, despite a deficit that's expected to reach $24.7 billion this fiscal year.

Similarly, British Columbia plans to spend $151 million to start up its all-day kindergarten for five-year-olds next year despite its $2.8-billion deficit. Only half of those kids will have the option of an all-day program next year, but the government wants it available to all kindergarten students by 2011.

New Brunswick, Nova Scotia and Quebec offer all-day kindergarten for five-year-olds. Ontario has part-day kindergarten for four-year-olds, but school is not mandatory until Grade 1.

TORSTAR NEWS SERVICE

DAVID COOPER / TORSTAR NEWS SERVICE

David Miller suffered a stunning defeat in council yesterday.

Council trashes Miller's garbage fee hike plan

VOTE Toronto council has cancelled a planned increase in garbage fees.

That will give the average homeowner a $5 break. But the 22-19 vote yesterday marked a stunning defeat for Mayor David Miller and his allies, signalling that his grip on council has loosened since he announced he would not run again.

"Obviously he's not going to be mayor a year from now, and that weakens your power over people," said Councillor Case Ootes (Ward 29, Toronto-Danforth), a long-time foe. "I think you might see a change in the way the voting patterns evolve from now on."

Council voted to apply $4.8 million of the $36.1 million saved during last summer's civic workers' strike to cancel the increase in the fees, which were one of Miller's innovations as mayor.

City staff wanted to boost the fee for a medium bin to $44 a year from $39, with corresponding increases for larger ones. The budget committee backed that idea last week.

TORSTAR NEWS SERVICE

Criticism

- Opponents complained the move will create problems by using a one-time savings to reduce the annual operating budget. Using the surplus to eliminate the garbage fee increase means there will be less money to cushion next year's tax increase.

MPP 'bolted' from crash: Witness

ACCIDENT A man who said he witnessed Friday's hit and run involving Liberal MPP Kuldip Kular said he was shocked that the injured pedestrian, who was in obvious need of care, was abandoned at the scene of the crash.

The witness said he was on the phone with emergency services, standing beside a 39-year-old pedestrian whose face was covered in blood, when Kular, a doctor by profession, drove away.

"(Kular) was panicked and he bolted as quick as he could," said the witness, who asked to remain anonymous for fear of backlash from the MPP's supporters.

Kular, who has represented Bramalea-Gore-Malton since 2003, will be charged with leaving the scene of an accident, police said.

Police said Kular will be issued a traffic ticket with a court date under the Highway Traffic Act. If found guilty, he faces a fine.

TORSTAR NEWS SERVICE

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Suspected underwear thief sought in Hamilton

Hamilton police are seeking information that could lead them to a women's underwear thief. Someone broke into a woman's home in west Hamilton late Friday afternoon and the only things missing were some women's underwear. THE CANADIAN PRESS

Canada

Delays in case after police shooting

The public inquiry into a fatal police shooting in Montreal has heard of major delays in gathering information on the case. After Fredy Villanueva's killing touched off riots in the city last year, the two officers involved were not initially questioned by provincial police. And one of the officers didn't submit a written report for a month after the August 2008 killing. THE CANADIAN PRESS

Worry mounts over possible sale of public utility's assets

POWER Negotiations that could see key assets of New Brunswick's public utility company sold to Hydro-Quebec are at a crucial stage, the government of Premier Shawn Graham said yesterday as two other Atlantic premiers expressed concerns about a possible deal.

The New Brunswick government has been under pressure to reveal details of its discussions with Quebec amid fears the province could give up control of NB Power, a Crown corporation.

Provincial Energy Minister Jack Keir said any deal with Quebec must ensure competitive power rates for all New Brunswickers and address the utility's massive debt.

In Newfoundland and Labrador, Premier Danny Williams said he would fight any proposed deal by Hydro-Quebec to take over key power assets in New Brunswick, a move he said was rooted in "greed."

Williams has long fought with Quebec over the 1969 contract to develop Churchill Falls in Labrador — a deal he says has given that province at least $19 billion in profits while his province has earned only about $1 billion.

Nova Scotia Premier Darrell Dexter has also expressed concerns about the potential ramifications of a deal. THE CANADIAN PRESS

KEITH GOSSE/THE CANADIAN PRESS

Newfoundland and Labrador Premier Danny Williams has vowed to fight any deal that would have Hydro-Quebec buy assets in New Brunswick's publicly owned utility.

News in brief

LICENCES Saskatchewan drivers will no longer have to carrying photo identification cards along with separate paper certificates. The government has announced it will move to a one-part driver's licence, beginning in 2011, that will be good for five years. THE CANADIAN PRESS

Insurers blame climate change

Harsher weather causing spike in claims, say industry experts

Harsh weather whipped up by climate change has caused insurance claims to surge as more and more flash floods, hail storms and hurricanes wallop the Canadian landscape, industry experts say.

And — thanks to global warming — there's more of that to come, a conference in Montreal was told yesterday.

Martin-Eric Tremblay of the Co-operators Group Ltd. said insurance companies now expect to pay out claims on catastrophic events four times more often than they did in the 1980s.

Weighing the risks of natural disasters has become part of daily operations for insurance firms, he said.

In its 2009 report, the Insurance Bureau of Canada said insurance claims related to severe weather, even when adjusted for inflation, have doubled every five to 10 years since the 1950s.

The weather patterns could wind up hitting customers' wallets.

"We'll have to take (more natural disasters) as a Canadian reality," Tremblay said.

"If you've got one every three years, it's a small surcharge in your premium, but when it comes to three or four big events a year, you've got to charge it back to the client." THE CANADIAN PRESS

RUTH BONNEVILLE/THE CANADIAN PRESS

Homes and cottages in Breezy Point, Man., are flooded by the partially frozen Red River in this file photo from April. Industry experts say severe weather caused by climate change is behind a surge in insurance claims, and consumers may be hit in the wallet as a result.

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Officers testify they didn't know man who died in custody was schizophrenic

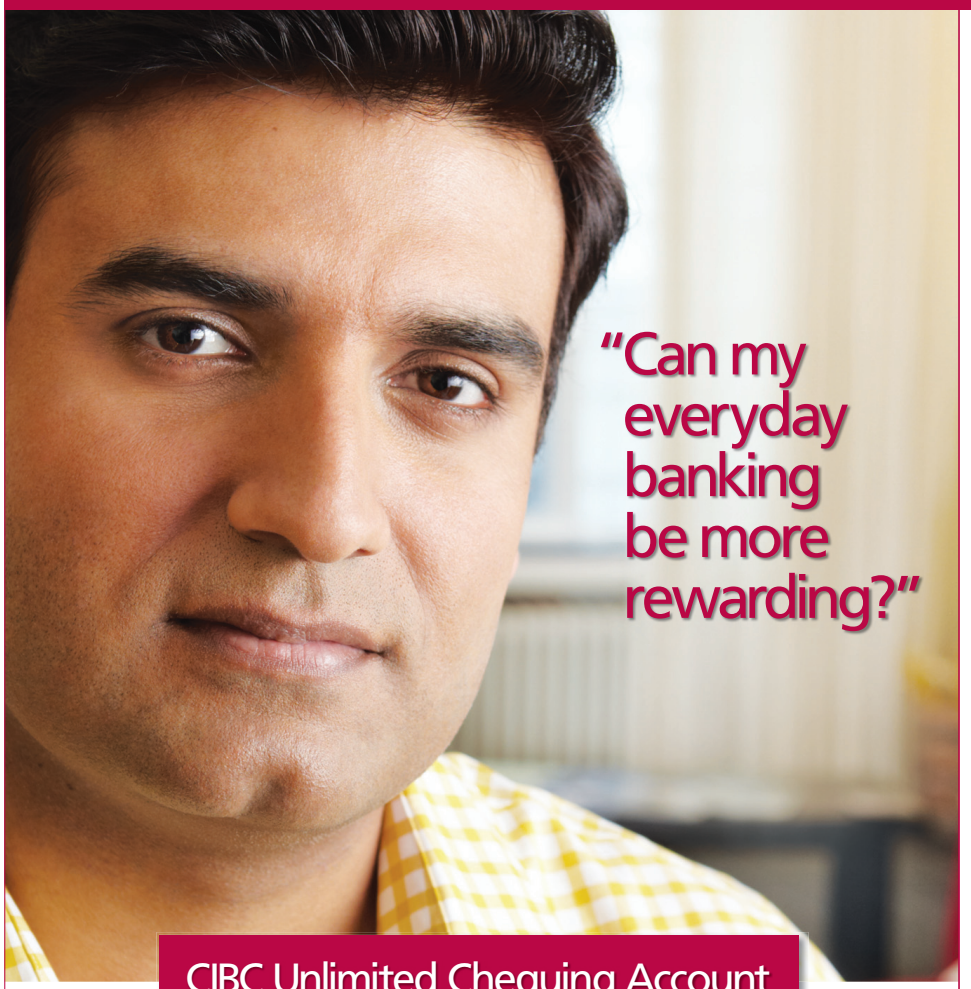
INQUIRY Two Nova Scotia corrections officers did not know Howard Hyde had schizophrenia nor that he had been Tasered by police a day earlier, an inquiry into his death heard yesterday.

Ian Prall and Peter Lloyd came in contact with Hyde on Nov. 22, 2007, at the Central Nova Scotia Correctional Facility, where the 45-year-old was being held on an assault charge.

Hyde died at the facility some 30 hours after he was Tasered up to five times as he tried to escape a police station in Halifax.

The inquiry, which started in July, is trying to determine why Hyde never received the psychiatric help he needed and what can be done to prevent similar deaths in the future.

Prall told Kevin MacDonald, a lawyer who represents Hyde's family, that he might have contacted a nurse if he had been told about Hyde's unusual behaviour and officers suggested he might need health care. THE CANADIAN PRESS



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Charges to be filed in 16-year-old B.C. murder case

RCMP have made an arrest in the killing of a Kelowna, B.C. student 16 years ago. Forty-three-year-old Neil George Snelson will be charged today with the first-degree murder of Jennifer Shaun Cusworth. The 19-year-old's body was found in a ditch on Oct. 17, 1993, the day after she was seen at a house party. THE CANADIAN PRESS

Carney talks down loonie

Warnings prompt quick change

Bank of Canada governor Mark Carney should be feeling a sense of satisfaction for helping accomplish his unstated goal in declaring the surging loonie a menace.

In a matter of a short week, the bank governor has helped drive the currency down more than four cents with a combination of warnings that he has no intention on moving off his low-interest rate policy and threats of possible intervention.

The dollar fell another $1.35 cents to 93.72 US yesterday, at one point in midday hitting a three-week low of 93.48.

While other factors have played into the swoon, including a strengthening of the U.S. greenback against most major currencies yesterday, there is no doubting that the Carney factor appears to be having longer legs this time than previous attempts to jawbone the currency to the ground.

THE CANADIAN PRESS

MORE COVERAGE, PAGE 16

Exporting

- The Canadian Manufacturers and Exporters estimate their members lose about $2 billion in sales with each one per cent rise in the loonie's value and about the same amount for each one-cent rise as the currency nears parity with the U.S. dollar.

News in brief

MILITARY An investigation is underway after a CF-18 jet had to make an emergency landing in Nevada on Saturday after refuelling in Las Vegas. The jet was part of a group en route to California for training said the Air Force. THE CANADIAN PRESS

Parliament protest **Climate action**

SEAN KILPATRICK/THE CANADIAN PRESS

A protester is filmed by TV cameramen yesterday as she is dragged out of Parliament by security personnel after disrupting question period in the House of Commons on Parliament Hill in Ottawa. The protest was part of a 'Climate Flash Mob' which included upwards of 200 youth fighting for Canadian climate action. Six protesters were detained, but no charges were laid, according to the Speaker's office. The six have been barred from entering the building for the next year.

Tories to toughen parole for financial fraud

The Conservative government is moving to end automatic early parole for non-violent offenders in a move aimed at financial fraudsters after a spate of highly publicized scams.

With allegations of Ponzi schemes in the headlines in several provinces, the government wants to toughen rules that allow non-violent offenders to apply for early parole after serving just one-sixth of their sentence after a first conviction.

Public Safety Minister Peter Van Loan said legislation would be tabled that would make it harder for them to get out of jail so quickly.

"As Canadians have been made painfully aware over the last few months, not all criminals carry guns," Van Loan said.

THE CANADIAN PRESS

IOC's $22M keeping Games on track

VANCOUVER 2010 **Games**

FINANCES The 2010 Winter Olympics are likely to avoid a deficit in part because of $22 million from the International Olympic Committee.

The IOC and Vancouver organizers had reached a deal for the extraordinary payment this summer, but a firm dollar figure had not been made public before.

Vancouver's organizers have admitted they budgeted for more international sponsorship dollars than the IOC was legally obligated to provide, but that wasn't the reason the IOC agreed to the extra money.

They agreed to the first-of-its-kind bailout because without it, spending for the Games would have come to a halt and major cutbacks would have been necessary, sources say.

THE CANADIAN PRESS

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Man in critical condition after house fire

Police say a young boy playing with a lighter sparked a house fire in Labrador that left a man in hospital in critical condition. The home in Sheshatshiu was destroyed in the blaze Sunday. THE CANADIAN PRESS

Homeless risk earlier deaths: Study

Canadians living in homeless shelters and rooming houses have a much shorter life expectancy than the general population — and poverty is not the only factor contributing to their premature deaths, researchers conclude.

In a 10-year study, researchers found the chance of surviving to age 75 among the homeless or inadequately housed is 32 per cent for men and 60 per cent for women, compared to 51 per cent and 72 per cent respectively for the lowest income group in Canada's population.

To put that in perspective, the probability that a 25-year-old man living today in marginal housing would make it to age 75 is equal to the life expectancy of the average young male in 1921 — long before the advent of antibiotics and other life-saving treatments.

THE CANADIAN PRESS

Women

- For homeless or poorly housed females, their chance of surviving to 75 is the same as in 1956.

Blind Algerian granted residency

REFUGEE After nearly four years holed up in a church trying to evade deportation, a blind Algerian man has won the right to live in Canada.

Abdelkader Belaouni has been granted permanent residency on humanitarian grounds.

It means he can now leave Montreal's Saint-Gabriel church, where he has lived since January 2006, without fear of arrest.

Abdelkader Belaouni

Belaouni has lived in a cramped upstairs room in the century-old building with just a few meagre possessions — a small bed, a keyboard and a blind-assistive computer.

The Algerian man fled to the U.S. during his country's civil war in the 1990s, then he says he feared he would be deported after 9-11 because of a backlash against Muslims, so he came to Canada.

His bid for refugee status was initially rejected here. THE CANADIAN PRESS

No signs of Mob ties: Minister

INFRASTRUCTURE Canada's public safety minister says there's no evidence of federal stimulus money going to the Mob amid sensational reports from Quebec of Mafia-related collusion in the construction industry.

The comments from Peter Van Loan come amid allegations that construction companies work together to drive up the cost of public works projects, threaten companies that don't participate, and give commissions to the Mafia

The construction scandal has rocked Quebec, but organized-crime experts say it's a common practice wherever the Italian Mafia operates.

The reports come with Ottawa and the provinces showering billions on construction projects in the biggest infrastructure spending spree in Canadian history. But Van Loan says there's been no indication of infrastructure money in such a scheme.

THE CANADIAN PRESS

Karadzic skips first day of trial
Former Serb leader Radovan Karadzic boycotted the opening day of his war crimes trial. Judges vowed the trial would begin today with or without him. THE ASSOCIATED PRESS

World

DEA agents among dead in Afghan crashes

A U.S. military helicopter crashed yesterday while returning from the scene of a firefight with suspected Taliban drug traffickers in western Afghanistan, killing 10 Americans including three DEA agents in a not-so-noticed war within a war.

Four more troops were killed when two helicopters collided over southern Afghanistan, making it the deadliest day for U.S. forces in this country in more than four years.

U.S. military officials insisted neither crash was believed a result of hostile fire, although the Taliban claimed they shot down a U.S. helicopter in the western province of Badghis. The U.S. did not say where in western Afghanistan its helicopter went down, and no other aircraft were reported missing.

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The casualties marked the Drug Enforcement Administration's first deaths since it began operations here in 2005. Afghanistan is the world's largest producer of opium — the raw ingredient in heroin — and the illicit drug trade is a major source of funding for insurgent groups. The U.S. has decided to target production and distribution networks after programs to destroy poppy fields did little except turn farmers against the American-led NATO mission.

NATO said the helicopter containing the DEA agents was returning from a joint operation that targeted a compound used by insurgents involved in "narcotics trafficking in western Afghanistan."

Eleven Americans, including another DEA agent, and 14 Afghan security troops were wounded in the crash, NATO said. The crash came less than a week after a UN report found the drug trade is enabling the Taliban to make more money now than when they ruled Afghanistan before the 2001 invasion. THE ASSOCIATED PRESS

India **Silent protest**

A Tibetan exile holds a placard yesterday that shows photographs of Tibetans allegedly killed by China, during a silent protest against the visiting Chinese foreign minister in Bangalore, India.

Girl too young to sail around world?

NETHERLANDS A 14-year-old Dutch girl who hopes to become the youngest sailor to circumnavigate the globe solo said yesterday she will wait until the school year ends before starting her attempt. Laura Dekker is awaiting a Dutch court's decision on whether she can go ahead with her voyage or whether it would be too risky for a girl her age. If she were to successfully complete the voyage, she would break a record set this year by 17-year-old Mike Perham of Britain, who sailed 45,000 kilometres around the world in nine months.

THE ASSOCIATED PRESS

Iraqis outraged by security lapse as government tries to move forward

BAGHDAD Iraq's government made progress on a new election law that could ease tensions and pledged tighter security yesterday after suicide bombings claimed at least 155 lives, including as many as two dozen children trapped in a bus leaving a daycare centre.

But those promises held little sway with Iraqis outraged at the government's inability to maintain peace in the city.

The twin bombings in what was supposed to be one of the city's safest areas came as Iraq prepares for pivotal elections in January that will determine who will guide the country through the U.S. withdrawal.

155 Death toll from the Baghdad bombings.

The blasts seemed designed to undermine Prime Minister Nouri al-Maliki, who has staked his political future on restoring safety to the country.

"Al-Maliki always appears on TV bragging that the situation is stable and security is restored. Let him come and see this mass destruction," said Ahmed Mahmoud, who had returned to the blast site yesterday to search for his brother's head after identifying his headless body at a hospital morgue by the belt he was wearing.

THE ASSOCIATED PRESS

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Stop Overpaying on Car Insurance

Most Drivers Unaware They Could Get A Better Deal

Think You've Already Got A Great Rate?

Think again. You may have been overpaying for your car insurance for years and simply didn't realize that you could get a better deal. The fact is rates charged by different insurance companies to insure the same driver, with the same car, for the same coverage, can vary by hundreds and even thousands of dollars. The key is finding the one insurance company that can offer YOU the lowest rate available for your driving profile. So it pays to shop around. Take a look at the table below.

Why Do Rates Differ So Much?

So, if insurance companies all ask the same questions, and sell the same basic policy, why do their rates vary so much? Part of the reason is that each insurance company uses its own claims experience (how much money it has paid out in claims in a given timeframe) in the marketplace as one factor to determine the rates charged. The other major factor is your individual driving profile which includes where you live, your age, the type of car you drive, your claims history, tickets, the annual mileage for your car, and so on. The combination of these factors helps insurance companies determine what rate or premium they will charge to insure a given car and driver.

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Rate Comparison

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1 Ticket	$1,018	$2,552	$1,534
1 Accident	$1,849	$3,753	$1,904

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Madoff associate drowns after heart attack

Jeffry Picower, 67, accused of making more than $7 billion off the schemes of Bernard Madoff, drowned after having a heart attack Sunday. THE ASSOCIATED PRESS

Austrian protests continue in peace

Austrian students headed into a new week of protests yesterday against education reforms and what they say are poor conditions at the country's universities.

For the fifth straight day, students staged a peaceful sit-in at the University of Vienna to draw attention to overcrowding of lectures and to demand more of a say in how Austria's higher education institutions are run.

Similar protests began last week at Vienna's Academy of Fine Arts after students and teachers rejected changes under a Europe-wide reform of higher education called the Bologna Process.

Barcelona protest

- Last month, Spanish police clashed with university students in Barcelona staging a sit-in over planned education reforms linked to the Bologna Process.

The reforms are aimed at making it easier for students to study abroad and making university degrees equally recognizable in participating countries.

But the University of Vienna protesters say the reforms take away their flexibility to personally structure their degree programs.

They also reject discussions of the reintroduction of tuition for Austrians and EU citizens, and want fees for foreigners and long-time students to be scrapped. The protesters also want entrance exams to be abolished, saying education should be open to everyone.

"I'm joining in because it's just not possible to solve the problems we're confronted with," said Fabian Unterberger, a 25-year-old international development major who says seminars meant for 35 students sometimes accommodate as many as 90.

THE ASSOCIATED PRESS

South Korean scientist convicted, but avoids jail

TRIAL A South Korean stem cell scientist once hailed as a hero for bringing hope to people with incurable diseases and creating the world's first cloned dog was convicted yesterday on criminal charges related to faked research, but avoided jail.

The Seoul Central District Court sentenced Hwang Woo-suk to two years in prison for embezzling research funds and illegally buying human eggs. However, it suspended the penalty, allowing him to stay free if he breaks no laws for three years.

Prosecutors had asked for four years in prison, but the judge said the 56-year-old scientist had shown remorse and had notable achievements in dog cloning. Hwang's lawyer suggested in an interview with the YTN television network that he would not appeal, saying Hwang had been unable to concentrate on his research because of the trial.

AHN YOUNG-JOON/THE ASSOCIATED PRESS

Disgraced South Korean scientist Hwang Woo-suk is shown yesterday arriving for his trial.

THE ASSOCIATED PRESS

Iran to help ease nuclear tensions?

URANIUM Iran's foreign minister said yesterday that Tehran may agree to ship part of its stockpile of low enriched uranium abroad for further enrichment, the first official indication Iran could at least partly sign onto a UN-drafted plan aimed at easing nuclear tensions.

The plan is seen by the international community as a way to delay Iran's ability to build a nuclear weapon by getting a large part of its enriched uranium stock out of the country, preventing it from being reworked into a warhead. Iran says its nuclear program is solely for peaceful purposes.

Iranian Foreign Minister Manouchehr Mottaki said Tehran's final decision over the plan "will be made in the next few days."

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Comment

How the women ran 24 Sussex

NationalReport
Lawrence Martin

metronews.ca/nationalreport

Pierre Elliott Trudeau used to complain, as most leaders do, about journalists trying to pry into his personal life. It's none of our business, he'd say. And most of us agreed, shied away and gave him a break, as we did with John F. Kennedy.

But when you read the new Trudeau bio, Just Watch Me: The Life Of Pierre Elliott Trudeau 1968-2000 by John English, you understand why there are those who say we ought to stretch our noses.

The book's big breaking story, in a nutshell, is How the Babes Ran 24 Sussex. There's Margaret and Margot and Barbra and Kim and Gale and Liona — and I'll stop there.

The book might well have been called "Just Watch Them." They impacted PET's election timing, his grand strategies, his moods, his decision-making. In 1977, the Liberals had a big lead in the polls and we in the fourth estate wondered why the PM didn't push ahead with a campaign. Now we find out. The story was: Maggie Puts Kibosh On Campaign. She stressed Pierre out so much that it cracked his vaunted mental discipline. He couldn't focus enough to run an election. He waited until 1979 and lost to Joe Clark.

This isn't sensationalism. English is a sober-minded scholar who had access to Trudeau's private papers. A former Liberal MP, he has written an illuminating book, the second of a two-volume study.

It relates how actress and peacenik Margot Kidder helped convince the PM to launch one of his major initiatives — his international peace mission of the early 1980s. In talks at a black-tie dinner in Washington, she lit into Ronald Reagan's senior troglodytes with all kinds of anti-nuke volleys. Trudeau urged her on via a thigh squeeze for every direct hit.

Many observers have said Trudeau was Canada's Kennedy. This books adds another point of comparison. Each leader was unremittingly flirtatious and each leader got a great break from the reticent media.

Are wives and romances fair game for the fourth estate? Judging from this book they should be. The power behind the throne can't be ignored. Just recently we saw how Laureen Harper masterminded her Stephen's variety show coup — the piano and song act at the Ottawa gala. There was no attempt to hide that news.

But nothing can quite match the work of Aline Chrétien. While her little guy was fast asleep one night, she awoke in time to find an intruder at the bedroom door, knife in hand. She may well have saved his life. Just another example of gal power.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

Views

eHealth technology requires precautions

InStep
Christine Williams

Proponents of eHealth argue that if other regions of the world have made significant strides in eHealth technology, what's wrong with Canada? Caving in to what everyone else is doing is an injudicious argument. Although we cannot be left out of the globalization loop, we need to proceed with caution.

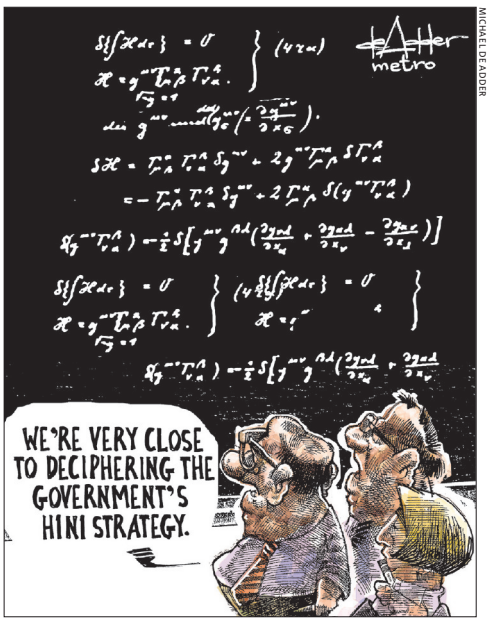
While an eHealth record system will improve time efficiency, wait times, and patient safety (by lowering the risk of drug interactions), scrutiny and diligence are necessary as we move forward. There are big bucks to be made by individuals and enterprises, aggressively driving this venture, yet we must learn from the eHealth debacle in Ontario where more than $1 billion was wasted through lack of oversight, broken rules and decadent consultant contracts.

Health Canada has added $500 million to the $2 billion given to the Canada Health Infoway to revolutionize Canada's health records. While this sounds great, it is estimated that Canadians will have to pay at least $23 billion in capital and operating costs over the next decade. Although touted as an economic stimulus to create jobs, according to a Canadian Business Online report, most of this money will be stuffed into the coffers of U.S. multinational corporations, providing the sophisticated eHealth record software. Given tough economic times and our strained health-care system, many argue that money will be better spent for drugs, senior care and additional health-care staff, at least until we come up with an efficient plan of eHealth implementation.

Another consideration: Privacy assurances. Who could forget the 11,500 patient files that were skimmed by a hacker from the AHS Edmonton network in May. No one really knows how far information went, nor the potential long-term effects of such a privacy violation to the patients involved.

The progress of eHealth in Canada must not be driven by greed or a need to keep up with global counterparts, but instead by patient interests, health-care efficiencies and long-term costs. For this to happen effectively, caution and public scrutiny are our first lines of defence.

Christine Williams is the producer and host of the live current affairs daily talk show On the Line at CTS TV in Burlington, Ont.



MICHAEL DE ADDER

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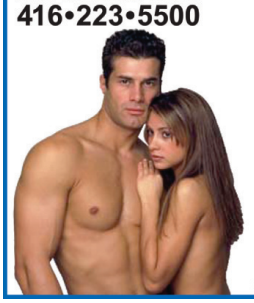
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Spain's Opel workers reach deal with Magna

Labour unions at the Opel car factory in northeastern Spain said yesterday they had accepted a new restructuring agreement with Magna, clearing at least one obstacle to the Canadian company's plans to take over the General Motors Co. subsidiary. THE ASSOCIATED PRESS

Business

DOLLAR	GAS	OIL	TSX
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US 1.35¢	US 27.4¢	US 1.82¢	147.25

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Air Canada to share Continental traffic

TRAVEL Air Canada's president says the airline should gain new revenue after Continental Airlines joins the Star Alliance traffic-sharing program today.

"You look at this providing an increased service product for Air Canada customers and indirectly for us revenue," Calin Rovinescu said yesterday. Rovinescu said he couldn't forecast how much revenue is expected from Continental.

77 The partnership with the world's fifth-largest airline will add 77 new destinations for Air Canada customers.

Canadians will gain access to new routes in the northeastern U.S. through Newark, N.J., and more than 30 new destinations in Mexico and Central America through Houston.

THE CANADIAN PRESS

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Carney talks tough on banks

Global leaders are determined to fundamentally reform the world's financial systems despite the disappointing push-back coming from some bankers, Bank of Canada governor Mark Carney said yesterday.

"The leaders have decided about the big initiatives and we will put them in place," he told a conference in Montreal.

Despite the complexities of the issues being addressed, the world's central bankers, regulators and finance ministers are determined to institute the reforms agreed upon by world leaders, Carney said.

m.metronews.ca

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Carney said he and other bank governors are disappointed by some of the actions taken by global bankers, including large bonuses being paid by some before financial systems have solidified. "Is it a good idea to pay big bonuses when at the same time there is a shortage of capital?" Canada's top central banker said. "Maybe regulators will decide."

It's the latest tough talk from Carney, who said last week that the Bank of Canada would use the tools at its disposal — including intervention in the currency market, if necessary — to keep inflation within the target range.

That was interpreted as the latest in a series of warnings that Canada's central bank would move to squelch currency speculators from bidding up the loonie and putting the economic recovery at risk.

THE CANADIAN PRESS

Rogers, ex-Disney CEO team up on web media

WEB Rogers Communications is teaming up with a new web media studio headed by Michael Eisner, the former CEO of Walt Disney Co.

Eisner and the Canadian media and communications company announced yesterday they have formed an investment and distribution partnership that will give Rogers the exclusive Canadian rights to future projects from Vuguru, a company that launched in 2007. Vuguru specializes in bite-sized entertainment, particularly short series that are designed to be watched primarily on mobile phones and the Internet.

The agreement will allow the production company to create about 30 series per year. THE CANADIAN PRESS

Business in brief

INVESTMENTS Toronto wealth management firm CI Financial Corp. is selling investment dealer Blackmont Capital Inc. to Australian-based Macquarie Group in a deal valued at $93.3 million, after acquiring the firm less than three years ago.

THE CANADIAN PRESS

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California Air + Car — $499 + taxes & fees $149
INCLUDES air to San Franciso with return from San Diego and 7-day car rental. Departs Nov 17/ggv/aa. ADD Napa & Sonoma Valley Wine Explorer Pass for $59.

Western Caribbean
Air + 2 Nights + 5-Night Cruise — $583 + taxes & fees $317
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Air + 7-Night Cruise — $661 + taxes & fees $330
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TICO

Quebec protects Nortel pensions
The Quebec government said yesterday its provincial pension plan will move to take charge of the remaining pension assets of 3,750 Nortel employees in the province if their pensions are terminated while the company restructures. THE CANADIAN PRESS

Hitachi plucks $10 million in Nortel assets

Insolvent telecom equipment maker Nortel Networks has agreed to sell some of its next-generation packet core network component assets to Japanese electronics manufacturer Hitachi Ltd. for $10 million US.

Included in the deal are software supporting data transfer over existing wireless networks and next-generation wireless technology and the non-exclusive licence of some patents and other intellectual property.

The sale does not include legacy packet core components for Nortel's third-generation Universal Mobile Telecommunications System (UMTS) and Global System for Mobile (GSM) businesses.

The deal requires bankruptcy court approval.

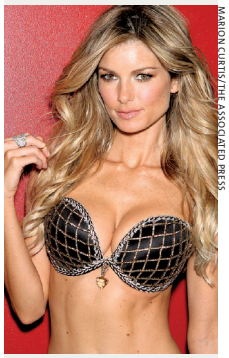
Nortel has been selling off its global operations piece by piece after seeking court protection from creditors in January. Earlier this month, it received approval for a $521-million bid by Ciena Corp. for its Optical Networking business as part of an auction.

Last month, Nortel announced its Enterprise Solutions division would be sold to New Jersey-based Avaya for $900 million. Avaya had originally bid $475 million in July but then had to sweeten the offer to win an auction that began Sept. 11 and lasted several days.

Prior to that, LM Ericsson of Sweden agreed to pay $1.13 billion for Nortel's wireless network business, beating out a $650-million stalking horse bid put forward by Nokia Siemens, a joint venture between Finland's Nokia Corp. and Germany's Siemens AG.

THE CANADIAN PRESS

Bra Wraps off



MARION CURRY/THE ASSOCIATED PRESS

Marisa Miller models a $3-million Harlequin Fantasy Bra, designed exclusively for Victoria's Secret by Damiani. It features 2,300 diamonds and weighs nearly 150 carats.

Verizon profit sinks 30 per cent

Verizon Communications Inc. reported a 30 per cent drop in third-quarter earnings yesterday as it couldn't sign up enough subscribers to offset higher costs from laying off workers and absorbing an acquisition.

The second-largest U.S. phone company said it is halfway through cutting more than 8,000 jobs by year's end. Verizon earned $1.18 billion US in the third quarter, compared with $1.67 billion US a year ago.

Shares of New York-based Verizon lost 21 cents to close at $28.64 US yesterday.

THE ASSOCIATED PRESS

Business in brief

STOCK Nuvo Research Inc. shares fell dramatically in extremely heavy trading yesterday, when the small drug development company was among the most active issues on the Toronto Stock Exchange. Shares of the Toronto-area company dropped 12.3 per cent – or 4.5 cents – to close at 32 cents. Nuvo Research is awaiting a U.S. regulator's ruling on the approval of its lead drug.

THE CANADIAN PRESS

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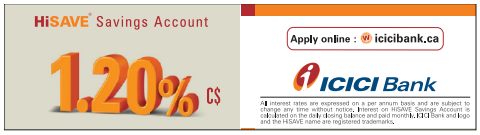
Your Money

EDITOR: FERMIN.DESOUZA@METRONEWS.CA



Limits of tax-free accounts

MoneyMatters

Q **I am a resident and citizen of Canada. I have four grandchildren who live in the U.S. Can I open Tax Free Saving Accounts for them and can it hold U.S. stocks?**
— Eleanor

A To open a TFSA, you must be at least 18 years old, a resident of Canada and a have a valid social insurance number. Your grandchildren are out of luck.

Investment holdings mirror an RRSP and include foreign content holdings that contain many eligible U.S. stocks. However, unlike an RRSP, contributions are not tax deductible.

On Oct. 16, the federal government closed some TFSA loopholes, including asset transfers between registered or non-registered accounts to a TFSA without paying tax.

Henry Choo Chong, CGA, can be reached at choochonghcga@yahoo.ca and 416-485-5225.

Money the deal breaker

AlisonOnMoney

Not long ago the deal breaker in a relationship was infidelity. In fact, when Nevada's 1950s quickie divorce law came into being the only recognized grounds for a marital split were infidelity and extreme cruelty.

Today, breaking up legally is easy, no reason required. But increasingly the cause for relationship founder is financial discord.

If you find that hard to believe take a gander at the just released results of a couples and money survey commissioned by Credit Canada and Capital One. Here are some of the high … err… lowlights:

- More than one-third of couples commit to a relationship without having an open discussion about money.
- 86 per cent of couples admit to fighting about money — small wonder when you consider the above point.
- The bickering isn't occasional either; more than one-third disagree about money regularly.

Women and men aren't just battling over spending, they have radical differences in their approach to most things financial. For example:

- Nearly half of those in relationships don't believe they have the same philosophy about financial issues as their partners.
- Men's worst money fear is not being able to retire. Women's worst money fear is not being able to pay for their kids' education.

Alison's Money Rule:

- Ever wonder if you made a good match? Don't look to the stars for an answer; instead check out your financial compatibility.

And here's where you see the rot setting in:

- Nearly one-third of women and 27 per cent of men lie to their partner about how much they spend.
- The partner who is not in control of money management is 55 per cent more likely to hide debt from their significant other.
- In 40 per cent of relationships troubled by money, one or the other person believes their spouse will not talk openly about financial issues.

If you're interested in how well you and your mate suit each other on the money front, try out Credit Canada's compatibility test, www.crediteducationweek-canada.com.

You have to do it together so let this be the first step in ending the relationship financial divide.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

On the web

Investing: Allan Small discusses the weak dollar and good earnings as driving the market higher, as well as using the strong dollar to buy U.S. equities. Visit **metronews.ca/investing.**

THE CLOCKS ARE CHANGING AND SO ARE WE

STARTING SATURDAY, OCTOBER 31, 2009, THERE WILL BE CHANGES TO SOME GO TRAIN AND BUS SERVICES.

01 – LAKESHORE WEST GO TRAIN & BUS

Minor adjustments to train schedules, including some earlier departures, to better reflect typical travel times. Buses that connect to the adjusted train trips will also have time changes.

12 – NIAGARA FALLS GO BUS

Minor schedule updates to better reflect typical travel times. The weekday 5:10 p.m. eastbound trip from Grimsby will be discontinued.

NEW 20 – MILTON-OAKVILLE GO BUS

Weekday Milton to Bronte trips will now serve the new bus loop at Sheridan College's Trafalgar Campus and the Oakville GO Station. Departure times will be adjusted in both directions and buses will no longer serve the Bronte GO station or the stop on the east side of Trafalgar Rd., south of Ceremonial Rd.

21 – MILTON GO BUS

The weekday eastbound 9:50 a.m. trip from Cooksville GO Station to the Union Station GO Bus Terminal will now start at the Square One GO Bus Terminal, departing at 9:35.

NEW 25 – WATERLOO GO BUS

This brand new route will serve the University of Waterloo, Wilfrid Laurier University, Kitchener Bus Terminal at Charles & Ontario, SmartCentres Cambridge at Hespeler Rd. & Hwy. 401, the Aberfoyle GO Park & Ride, Milton Park & Ride/Carpool Lot, and the Square One GO Bus Terminal.

Two weekday morning eastbound trips will also stop at the Milton GO Station and connect with the 6:48 and 7:23 a.m. trains to Union Station. Two weekday evening westbound trips, which connect to train service, will depart Milton GO Station at 5:33 and 6:28 p.m. and make all stops to Waterloo.

31 – GEORGETOWN GO TRAIN & BUS

Minor adjustments to eastbound train schedules, including some earlier departures, to better reflect typical travel times.

Minor updates to westbound train times at Malton, Bramalea, Brampton, Mount Pleasant and Georgetown. Times from Union, Bloor, Weston and Etobicoke North remain the same.

Buses that connect to the adjusted train trips will also have time changes.

Weekday northbound bus trips from Bramalea and Brampton to Orangeville, and from Malton to Bolton, will be adjusted to connect to the updated train times.

60 – WONDERLAND GO BUS

Service will end for the season after Sunday, November 1, 2009.

65 – BARRIE-BRADFORD GO BUS

The weekday southbound trip departing Newmarket GO Bus Terminal at 5:30 a.m. will now serve the Aurora Rd. & Hwy. 404 Carpool Lot at 5:45. With this change, the trip that departs Aurora GO Station at 5:40 a.m. will no longer serve the Aurora Rd. & Hwy. 404 Carpool Lot.

88 – PETERBOROUGH GO BUS

Buses will now also serve the Clarington North Park & Ride/Carpool Lot on Hwy. 35 at Hwy. 115. With this new stop, southbound trips will depart Trent University five minutes earlier and all other times along the route will be adjusted. Northbound times will also be adjusted.

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Weekend Rap
To stay up-to-date throughout the season with the Toronto Raptors in particular and the National Basketball Association in general, visit John Chick's Weekend Rap at **metronews.ca/weekendrap**

NBA Preview

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

LUCAS OLENIUK/TORSTAR NEWS SERVICE

Toronto Raptors president and CEO Bryan Colangelo sits in his office at the Air Canada Centre in downtown Toronto. After a disappointing 2008-09 season, Colangelo overhauled the team.

Revamped Raptors

Only three players remain from last season after Colangelo's overhaul

Chris Bosh, Jose Calderon and Andrea Bargnani pose with menacing glares in an ad campaign for the upcoming Toronto Raptors season, the only three familiar faces from this time last year.

But the picture could get fuzzy over the coming months as Bosh heads into a season of uncertainty and the Raptors may be seeing the last of their team captain and poster boy.

The six-year veteran appears poised to join an illustrious free agent group this coming off-season that could include LeBron James and Dwyane Wade.

Opener

- The revamped Raptors open the season at home to Lebron James and his Cleveland Cavaliers tomorrow (The Score, 7 p.m. ET).

Questions about the fate of the Raptors' franchise player are sure to swirl around the team as it tries to bounce back from a dismal 2008-09 season — and just how well it can do that will go a long way in determining what jersey Bosh will be wearing come this time next year.

"The team failed miserably last year," said Raptors GM Bryan Colangelo. "There was no one more embarrassed than me."

The Raptors missed the playoffs, and as soon as they trudged off the court following their final game Colangelo got to work. He signed head coach Jay Triano to a contract extension — the Canadian was named interim coach after Sam Mitchell was fired in December, but had been able to do little more than to try to plug the dam.

He toughened up the team by trading Jason Kapono for bruiser Reggie Evans, acquired all-star and all-around player Hedo Turkoglu, who's known for poise under pressure when the clock's winding down, and selected swingman DeMar DeRozan — whose dunking ability has already drawn comparisons to Vince Carter — with the No. 9 pick in the draft.

By the time training camp opened only Bosh, Calderon and Bargnani remained from the previous year's camp roster.

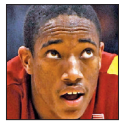
"(Triano) and I talk all the time about how if we were going to walk into last year's gym and pick three guys and let's change everything, it would be the three guys that we've chosen," Colangelo said.

THE CANADIAN PRESS

2009-10 Toronto Raptors

Projected starting five

Jose Calderon
FROM Villanueva de la Serena, Spain
LAST SEASON .497 field goal %, .406 three point %, 8.9 assists per game, 12.8 points per game
TRIVIA Helped Spain win 2006 FIBA Worlds.



DeMar DeRozan
FROM Compton, Calif.
LAST SEASON (University of Southern California) .523 FG%, 5.7 rebounds per game, 13.9 PPG
TRIVIA Was able to dunk by sixth grade.

Hedo Turkoglu
FROM Istanbul, Turkey
LAST SEASON (Orlando Magic) 5.3 RPG, 4.9 APG, 16.8 PPG
TRIVIA NBA signing was a national event in Turkey

Chris Bosh
FROM Dallas, Texas
LAST SEASON .487 FG%, 10.0 RPG, 22.7 PPG
TRIVIA In 2003-04, set franchise record for most rebounds in a rookie season with 557.

Andrea Bargnani
FROM Rome, Italy
LAST SEASON .409 3Pt%, 5.3 RPG, 15.4 PPG
TRIVIA Joined Andrew Bogut (Australia) and Yao Ming (China) as the only international No. 1 picks

Overview

ADDITIONS Turkoglu (trade, Magic), DeRozan (draft, USC), Jarrett Jack (free agent, Pacers), Reggie Evans (trade, 76ers), Antoine Wright (trade, Mavericks), Marco Belinelli (trade, Warriors), Rasho Nesterovic (free agent, Pacers), Amir Johnson (trade, Bucks), Sonny Weems (trade, Bucks).

SUBTRACTIONS Shawn Marion, Anthony Parker, Jason Kapono, Joey Graham, Carlos Delfino, Roko Ukic.

HEAD COACH Jay Triano (25-40 as interim coach last season).

BIG PICTURE With only three players back from the squad that opened last season, the key will be in getting players on the same page quickly. A strong season will go a long way in determining if Bosh is still a Raptor this time next year.

THE CANADIAN PRESS

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55	$25	$55	$93	$19	$38	$69
65	$63	$148	$291	$41	$96	$185

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Barkley wants to put money where mouth is

Charles Barkley thinks he can do better than some of the general managers he criticizes on TV. The Hall of Fame player and TNT analyst said yesterday he would like his chance to run an NBA team, though he's in no rush because he would want the right job. THE ASSOCIATED PRESS

NBA Preview

Quality over quantity

Not many Canadians in NBA, but those that are have serious talent

PERRY LEFKO
for Metro Canada

For a game that was invented by James Naismith, basketball is not exactly overflowing with Canadians when it comes to the National Basketball Association, though there is some interesting talent, including one in the head coaching ranks.

Steve Nash has been Canada's NBA poster boy in recent years. The South African-born, Victoria-raised point guard is entering his 14th season in the NBA and has already cultivated a career that will one day make him a sure-fire hall of famer. Twice he has been voted the NBA's Most Valuable Player and he is a six-time all-star. The only aspect of his career that is missing is an NBA championship.

While Nash has been battling a bad back in recent seasons, he still plays major minutes in games and is arguably the best pure passer in the game. Last year, he set a personal-best record in free-throw percentage making .933 of his attempts.

One of Nash's former national team head coaches is Jay Triano, who this year will commence his first full season in the NBA after an abbreviated season last year with the Toronto Raptors. Triano has been with the organization since 2002 when he was hired as an assistant coach and made history in the process as the first Canadian hired in that position. Last year, he became the first Canadian head coach in NBA history when he filled in temporarily for Sam Mitchell, who took a leave of absence because of the death of his father-in-law. The Raptors later fired Mitchell and made Triano the interim head coach, but after the season the team removed the interim tag and signed him to a long-term deal.

Steve Nash

The NBA has some other interesting Canadian angles. Toronto-born centre Jamaal Magloire is entering his 11th season in the NBA and with his eighth team, the Miami Heat, which signed him last season.

The Heat have another Canadian product in Montreal native Joel Anthony, a forward who is entering his third NBA season. While largely a backup, Anthony started in 28 of the 65 games he played and doubled his minutes from his rookie season. Anthony has played for Canada's national team.

The other Canadian in the NBA is Samuel Dalembert, a brawny centre with the Philadelphia 76ers. The Haiti-born, Montreal-raised player is entering his eighth season in the NBA, his entire career played in Philadelphia. He has proven his durability, playing every game the last three seasons and averaging about nine rebounds per game.

5 teams to watch during the 2009-10 season

Portland Trail Blazers — The Trail Blazers were everyone's darlings a year ago and they responded with a drive to the playoffs. Now the real work begins as they try to join the elite teams in the West and they won't be able to sneak up on anyone.

Washington Wizards — The hits just keep on coming for the Wizards, who get oft-injured Gilbert Arenas back, but will start the season with Antawn Jamison on the shelf. They added depth with Randy Foye and Mike Miller for new coach Flip Saunders.

Memphis Grizzlies — Watch 'em if you're the type that likes a train wreck because the possibility exists. Toss shot-happy Zach Randolph and Allen Iverson into a mix that includes O.J. Mayo and Rudy Gay and this could get ugly fast.

Oklahoma City Thunder — Are the Thunder this year's Trail Blazers? Kevin Durant is a unique talent, with plenty of good young teammates around him like Jeff Green and a good young coach in Scott Brooks. This could be the up-and-coming team to watch this season.

Miami Heat — With all the changes teams in the East, the Heat were strangely silent, not giving Dwyane Wade any real help. Michael Beasley has had off-the-court issues, Jermaine O'Neal could very well get injured and Miami could be in for a long year.

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vancouver 2010
CHEVROLET OFFICIAL VEHICLE

Soccer boss denies delay caused violence

French football league president Frederic Thiriez has denied that postponing Marseille's match against Paris Saint-Germain at late notice after swine flu concerns arose was the catalyst for widespread violence erupting in Marseille's city centre. THE ASSOCIATED PRESS

Sports

AC Milan confident of Beckham's return

David Beckham's return to AC Milan on loan from the Los Angeles Galaxy in January is nearly "100 per cent" certain, the Serie A club's CEO Adriano Galliani said yesterday. Beckham, left, has long been linked with a second loan spell at Milan after performing well in a six-month stay with the team last season. Beckham, who wants to return to Europe to maintain his place in England's 2010 World Cup squad, has helped the Galaxy reach the eight-team MLS playoffs for the first time in four years. THE ASSOCIATED PRESS

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

NHL future looking bright: Experts

As HDTV becomes readily available, more U.S. viewers tuning into hockey

High-definition television images are luring more American eyeballs to professional hockey and invigorating the NHL's prospects in the U.S., say leading sports industry experts.

"HDTV will have a greater impact on hockey than any other sport," says Matthew Pace, a lawyer with prominent sports law firm Herrick, Feinstein in New York. "You can follow the puck much easier (on HDTV broadcasts). The action is clearer. I think the television future of the NHL is bright."

The holy grail of professional sports — routine access to 115 million American television households — has long eluded the NHL despite efforts dating back to the now infamous glowing blue puck of the 1990s.

While the NHL has built a national U.S. footprint that includes hockey-tepid cities across the sunbelt, major U.S. broadcast deals still haven't come.

Fox's infamous glowing puck got a quick failing grade.

And without the billions of dollars in revenues that come with a major TV deal, the league is left to contend with financial basket cases. But there is hope as hockey viewership this season is up another 16 per cent from the same point last season.

"We see that as HD gets more prevalent and more people get it hooked up ... our growth in hockey has been amazing," says Marc Fein, executive vice-president of programming with Versus. TORSTAR NEWS SERVICE

Sports in brief

BLUE JAYS Having bolstered the increasingly young Toronto Blue Jays front office by naming Mel Didier and Mel Queen senior advisers of player development yesterday, Alex Anthopoulos is now turning to some bigger points of business. Coming up this week for the new GM are meetings with interim CEO Paul Beeston to discuss his fact-finding talks with players, team staff and coaches; conversations with the agents for free agents Marco Scutaro, Rod Barajas and John McDonald; and more work on charting a long-term approach for the franchise. THE CANADIAN PRESS

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La Russa, McGwire returning to Cards

BASEBALL The St. Louis Cardinals announced yesterday Tony La Russa will come back for a 15th season as the team's manager.

Mark McGwire

La Russa, who guided the Cardinals to the NL Central title this season, agreed to a one-year contract.

"It's a great place to manage," La Russa said at yesterday's press conference. "Selfishly, I wanted to be the guy that enjoys it again in 2010."

The club also named Mark McGwire as hitting coach, replacing Hal McRae, who had been with the club since 2005. THE ASSOCIATED PRESS

NFL Eagles vs. Redskins

MANNY RUIZ/CENTRAL/THE ASSOCIATED PRESS

Philadelphia Eagles wide receiver DeSean Jackson escapes the grasp of Washington Redskins cornerback Carlos Rogers and scores during the first quarter of last night's NFL game.

For a full recap of the game, visit www.metronews.ca/sports

Kovalchuk may be out a month

Thrashers star breaks bone in foot

Atlanta Thrashers star Ilya Kovalchuk is expected to miss two to four weeks with a broken bone in his right foot.

The team said the break was found in a CT scan yesterday.

Kovalchuk was injured when he was struck by a puck during the first period of Saturday's game against the San Jose Sharks.

Ilya Kovalchuk

It's a tough loss for the 4-3-1 Thrashers as they sit second in the Southeast Division and 10th overall in the Eastern Conference.

"Obviously it's a big loss for us," teammate Slava Kozlov said. "I know one thing: Kovy is very strong and when he's injured he comes back earlier than he's supposed to ... For the good teams, a player like him makes a big difference, but I think other guys have to step up."

Kovalchuk got off to a fast start in the 2009-10 season, with 10 points (nine goals, one assist) over his eight games and the Thrashers captain is due to become a free agent after this season.

For his career Kovalchuk has 306 goals and 261 assists over 553 NHL games. THE ASSOCIATED PRESS

B.C. singing a new tune over choir

B.C. Premier Gordon Campbell hit a sour note with a Newfoundland youth choir, which thought it was promised a spot on the Olympic stage. But B.C. Aboriginal Affairs Minister George Abbott says he's working on a new arrangement to bring the choir to the Games even if it doesn't sing. THE CANADIAN PRESS

Owner agrees to sell Coyotes

Agreement with NHL still pending

Phoenix Coyotes owner Jerry Moyes has agreed to sell the bankrupt franchise to the NHL.

The agreement, which still must be approved by Judge Redfield T. Baum, was announced in U.S. Bankruptcy Court yesterday after lawyers met for more than an hour during a recess in a status hearing on the case.

Former coach Wayne Gretzky, who has a $22.5-million claim in the case, has not agreed to the deal.

Moyes' lawyer says the decision to make a deal came largely because the costs of running the team in bankruptcy were coming out of the league's $140-million offer.

NHL deputy commissioner Bill Daly says once the deal closes, the league will immediately look to sell the team, preferably to an owner who will keep the club in Arizona.

The NHL's offer was much lower than Research In Motion boss Jim Balsillie's.

THE CANADIAN PRESS

NHL Montreal wins in overtime

GRAHAM HUGHES/THE CANADIAN PRESS

Montreal Canadiens' Roman Hamrlik scores on New York Islanders' goaltender Martin Biron during overtime NHL action in Montreal last night. Montreal defeated the Islanders 3-2.

For a full recap of NHL action, visit www.metronews.ca/sports

New York fans choose Yankees over Giants

BASEBALL Sports fans in New York overwhelmingly chose to watch a decisive baseball playoff game over a regular-season football matchup Sunday night.

The Yankees' chance to clinch a World Series berth went up against the Giants' meeting with the Arizona Cardinals. Fox said yesterday that its coverage of Game 6 of the AL championship series was watched by 26.4 per cent of the market's homes with televisions and 40 per cent of households with TVs in use at the time. The numbers for NBC's Sunday Night Football were 9.3 and 14.

THE ASSOCIATED PRESS

mbination of 30-second commercial skip function, 9-day programming guide and expandable recording capacity. Additional equipment required. (2) Based on independent survey conducted in April 2009 vs. Ontario's major cable provider. (3) Based on various Bell TV programming packages combined with Premium Movies, certain International programming, equipment rental and

Brampton boxer after IBF title fight

BOXING Brampton boxer Troy Ross is on the verge of something big, but you've probably heard that before. Ross has signed to fight Brazil's Daniel Bispo at Casino Montreal Dec. 5, where a victory should put the 34-year-old in line for a shot at the IBF cruiserweight crown. Ross' 10-fight winning streak has kept him in the running as the IBF whittles the list of contenders for its cruiserweight belt. His situation is the same as GTA's Steve Molitor, who must navigate a tuneup before re-entering the IBF title mix.

TORSTAR NEWS SERVICE

Molitor

- Steve Molitor is scheduled to fight Nov. 21

Melnyk steps up for Olympic alpine skiers

VANCOUVER 2010 Games

OLYMPICS Facing a shortfall that might have impaired Canada's alpine skiers from their goal to own the podium at the Winter Olympics, Alpine Canada has come up with a raffle that should put them over the top.

The sport's governing body wants to sell 3,000 memberships, at $100 each, to give it the financing it needs for more training, enough staff and coaches in the run-up to the Winter Games in February. Anyone who buys a membership at www.Win20101.ca has a chance to win one of 750 prizes, which includes a ski trip with the team.

"The strategy of winning stays the same whether you have money or not," said men's downhiller Jan Hudec of Calgary.

"It's a matter of whether you can implement it or not.

"This allows us to implement the idea plan for our training and the preparation leading up to the Olympics."

Alpine Canada's budget is about $8 million a year for the top men's and women's program, with about $1.3 million in taxpayer money coming from Sport Canada. Other funding sources include the Canadian Olympic Committee, the Vancouver Organizing Committee as well as corporate and individual sponsors.

Ottawa Senators owner Eugene Melnyk bought the first 300 memberships — saying he'd give them to family and friends as Christmas gifts — because he wanted to be involved.

"We're all so happy watching our athletes win up there, and making you feel good about yourself, " said Melnyk. "Then you say 'What can I do to make sure we win?'

"We're going to be very proud. But if you step up a bit, you'll be that much prouder."

Even though there's only about three months until the Olympics begin, Alpine Canada president Gary Allan says it's never too late to raise money.

"This is to allow us to do additional things, like additional training at Whistler at the end of January," said Allan.

"At Whistler, you never know what you're going to get for snow. It's very expensive to train, we have to pay for the time. We have to house our athletes."

TORSTAR NEWS SERVICE

Eugene Melnyk

Sports in brief

BASKETBALL The president of Maccabi Tel Aviv has apologized to the NBA and the Knicks for its coach's behaviour during an exhibition game. Pini Gershon, the coach, also said he was sorry in letters that were sent yesterday to league commissioner David Stern. Gershon received two technical fouls and was ejected from an Oct. 18 loss to the Knicks, but refused to leave the court. The game was delayed about eight minutes, with a rabbi coming on the floor to ask referees to let the coach stay, before Gershon finally agreed to leave.

THE ASSOCIATED PRESS

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New Aurora College campus proposed
A Yellowknife MLA is suggesting converting a French-immersion elementary school into a new Yellowknife campus for Aurora College. METRO NEWS SERVICES

Workology

Tuition freeze unlikely

At a recent luncheon in Belleville, Ontario Premier Dalton McGuinty stated there is no guarantee college and university tuition will be frozen as the province tries to deal with a burgeoning deficit in the next few months. McGuinty said Ontario is proud of its PSE tuition rates, and that students should be pleased the province has the lowest recorded rate of student-loan defaults. METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Workology in **brief**

NEW RESIDENCE AT NORTHERN LAKES COLLEGE Last Wednesday, Alberta-based Northern Lakes College celebrated the opening of a new residence in Slave Lake, part of a push to educate more local people for employment in the oilsands. The $4.9 million, 52-bed townhouse-style residence will be particularly useful for apprenticeship students, who have difficulty finding short-term accommodation during 8- to 12-week courses.

AGAIN POPULATION The proportion of seniors in Canada's population is expected to balloon to as much as a quarter of the population by 2030, from 14 per cent currently. And while many middle-class Canadians don't have a workplace pension plan or personal savings, more people will experience a dramatic decline in their living standards when they leave the workforce.

BORÉAL NOW IN TIMMINS On Oct. 13, Collège Boréal officially opened its new campus in Timmins, Ont. The $18 million, 66,000-square-foot campus has allowed the college population to grow from 360 students to 570, and for the number of programs to expand from 16 to 27.

HEATHER BUCHAN/ METRO NEWS SERVICES

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IT's star brightening amid cool economy

RAFAEL BRUSILOW
for Metro Canada

The dip in jobs for information technology workers appears to be over as employers say they plan to hire more part- and full-time workers in the next business quarter, a new study shows.

A recent poll of more than 300 top-level executives across Canada by The Verde Group on behalf of IBM and Sapphire Technologies found that 87 per cent of employers are planning to either maintain of keep their IT staffing levels over the next quarter, with a further 43 per cent of those planning to hire new full-time IT staff over the next 12 months.

Project managers and business analysts topped the list of IT jobs employers looked to hire for the most, suggesting many businesses are planning to go into expansion mode or at least prepare for an end to the current recession.

"In a tough economy companies put projects on hold, now those projects are coming back. It's a clear indicator of a positive outlook," said Terry Power, president of Randstad Canada, parent company to Sapphire Technologies.

Power says jobs in IT remain strong in comparison to the rest of the economy despite the downturn. Unemployment in the IT field for the past few years averaged about 2.5 per cent compared to the national average of roughly five per cent — this past year, while the overall unemployment rate hit about 10 per cent the rate of IT unemployment increased only to about four per cent.

Robert Wylie, a director at IBM providing operational-takeover services to businesses, says the company has seen growth in the numbers and scope of IT staff its clients are asking for.

"We're seeing an uptilt in our clients' requirements for IT staffing. For the last year and a half what you saw was people trying to cut the costs of IT, now they're using IT staff to take costs out of their business. We're seeing companies make more of those strategic investments in IT staff," Wylie said.

Jobs in IT have been among the fastest growing sectors of the economy for years and Powers believes that strong undercurrent of demand is responsible for the current upswing in hiring expectations, since the cooling economy only put IT hiring needs on hold rather than eliminating them.

"If you look back to '06 and '07, there was a lot of discussion about the challenge of finding qualified IT professionals. It was always a mid- to long-term concern. Now I think it's fresh in people's minds again," Power said.

Hiring in the world of information technology is back on the upswing according to a survey.

"In a tough economy companies put projects on hold, now those projects are coming back."
Randstad Canada President Terry Power

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Crime doesn't stop during a recession, and police officers and security specialists continue to be in demand. There are threats from organized crime, gangs, terrorism, fraud and shortages of Police personnel, with many now serving, reaching retirement age. Police services are recruiting for diversity as they want the face of the next generation of police to be as diverse as Canada.
To meet this need, Herzing College is offering a one year 'Police Foundations' diploma program, which includes the Canadian Firearms Safety Courses and an internship of practical work placement.
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workology25

Security breaches cost companies thousands

JON TATTRIE
for Metro Canada

The money lost to IT security breaches last year jumped by 97 per cent.

A new study says IT security breaches cost the average Canadian company more than $800,000 in 2009.

The Telus/Rotman School of Management said the $834,149 average is a 97 per cent jump from last year. The average number of incidents rose from three per organization to 11.3.

Alan Lefort of Telus Security Labs says better monitoring systems and the economic downturn are the main culprits.

"Last year, organizations told us they were spending a lot of resources in putting together technologies to help them monitor and detect potential breaches, and as a result of that investment, they're now able to find more things," he said.

"(Another) thing that really stood out for us was the amount of insider-related breaches going on," Lefort added. "When organizations are forced to make a difficult decision and let people go, those people have to think about what happens next."

This leads not to sabotage, but to staff using confidential information — like a security plan they've created — as work samples to help get another job, unintentionally compromising their former employers. "A breach is not necessarily something where there is a hacker involved," he said.

The $834,139 includes labour lost when a breach freezes systems, the cost of repairing the damage and replacing faulty security.

"Training your people how to properly handle information is so important and can have such a positive effect on the number of breaches, especially when they're related to information" Lefort said.

"Make it so they have to consciously make information public — don't make public the default."

Banks are popular targets for attackers and phishers, but the real danger is in lax security by customers, says Maura Drew-Lytle of the Canadian Bankers Association.

"A lot times, the problem is more that somebody's home computer is infected with viruses, or key-stroke loggers, and they could lose money that way," she said.

Banks counter that with security so if you log in from a computer the bank doesn't recognize, it steps up the security questions.

"They are always electronically monitoring transactions, looking for anything unusual," she said.

If your regular $100-a-week withdrawal suddenly turns into two large transactions, a red flag is raised and the bank investigates.

"Banks have a lot of personal, financial information, and they work very hard at protecting it."

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$143 million for Quebec campus infrastructure
Last Friday, the federal and Quebec governments announced approximately $143 million from the Knowledge Infrastructure Program for 88 capital projects at post-secondary institutions across the province. METRO NEWS SERVICES

Workology in **brief**

UPEI RE-OPENS VET SCHOOL
Earlier this month, the Atlantic Veterinary College, based at the University of Prince Edward Island, celebrated the re-opening of its expanded and renovated Veterinary Teaching Hospital. The $3.2-million project resulted in approximately 10,000 square feet being renovated and added to the hospital. METRO NEWS SERVICES

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When interviewing for a position, potential employees can't go wrong by describing business situations where they were recognized for their teamwork, one industry professional says.

Some employers value personality over technical merit

Having a winning personality has always helped in making friends or getting a date, but a recent survey confirms it also opens doors in the job search.

When presented with accounting or finance candidates who possess similar qualifications, 31 per cent of chief financial officers (CFOs) interviewed said applicants' people skills would tip the balance over such attributes as software proficiency and advanced certifications. This is up significantly from five years ago when interpersonal skills were cited by only 1 per cent of respondents.

The survey was developed by Accountemps, the world's first and largest specialized staffing service for temporary accounting, finance and bookkeeping professionals, and conducted by an independent research firm. It was based on telephone interviews with more than 1,400 CFOs across the United States.

CFOs were asked, "If two candidates interviewing for an accounting or finance position had similar skills, which one of the following additional qualifications would you find most valuable?"

"Interpersonal skills take centre stage in a collaborative workplace," said Max Messmer, chairman of Accountemps. "Accountants must be able to present financial information to nonfinancial audiences, make strategic recommendations and work with colleagues from diverse departments."

"Interpersonal skills take centre stage in a collaborative workplace."
Career expert
Max Messmer

Messmer pointed out that job seekers should use the employment interview as an opportunity to establish a rapport with hiring managers. "The conversation should be natural, and applicants should try to find common ground with the employer. It's also valuable for job seekers to describe business situations where they were recognized for their teamwork or for inspiring others to perform at a high level."

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EDITOR: JENNIFER.PRITTIE@METRONEWS.CA

Supersize me

Forget adding a bit of oomph — these days, U.K. women are opting for massive implants

ELISABETH BRAW
Metro World News

"Women used to come to us asking for implants that kept their natural look. Now more and more women want very large implants." Dr. Nilesh Sojitra, plastic surgeon

DENNIS GUYITT/ISTOCKPHOTO.COM

Bigger is apparently better: British women are now choosing to get much larger implants.

Emma Lindley decided she was tired of her small breasts. So last year, she got implants — but not discreet ones. Lindley chose to go from an A cup to a D cup.

"I didn't feel feminine in most clothes, particularly bikinis and dresses," says Lindley, a 26-year-old Londoner. "And because of my small breasts, I lacked confidence, which affected everyday life. I felt underdeveloped and like a boy."

Lindley is part of a larger trend. "Women used to come to us asking for implants that kept their natural look," says Dr. Nilesh Sojitra, a plastic surgeon at London-based clinic Mybreast, where Lindley had her surgery.

"Now more and more women want very large implants. They've heard that a DD or E cup is good, so that's what they ask us for."

According to Cloverleaf Medical, a leading British distributor of breast implants, sales of its largest implants have increased by 20 per cent over the past five years.

Aesthetics are by no means the only factor to consider when deciding upon implant size. In a discussion of breast implant surgery on its website, plastic-surgery.ca, the Canadian Society of Plastic Surgeons notes that "in general, the larger the implant, the greater the risk of complications."

Breast implants are also becoming more popular across the board: Last year, the number of such surgeries in the U.K. increased by 30 per cent from 2007.

"All women want a fuller look nowadays," explains Dr. Douglas McGeorge, a plastic surgeon and former President of the British Association of Aesthetic Plastic Surgeons. "Especially women in their late teens or early 20s, who haven't fully developed their breast tissue, now ask for implants."

When Sojitra asks his patients to try on an E cup bra, some change their minds. "But many choose very large implants, whether they look natural or not," he notes.

That's a wrap: Two new treatments claim they'll help shed unwanted flab

NEW PROCEDURES Here's a celebrity secret: Now you can get the effects of doing 200 sit-ups without the, um, sit-ups. And lose inches while relaxing.

Two new spa treatments combine to tone your stomach and peel inches off your whole body. One is the Universal Contour Wrap, in which the body is wrapped with 25-30 warm, clay-dipped elasticized bandages to exfoliate and cleanse the skin. And the other is the Eurowave, which uses electrical muscle stimulation (EMS) to flex deep core muscles, simulating physical exercise.

The combination is apparently popular among celebrities who are already working out and eating well but want extra toning and tightening. One Eurowave treatment costs about $75, while 10 treatments are $499. Distributors say that while you will notice results after one treatment, it takes 10 to go down a size. One Universal Contour treatment costs $200 (and takes off six inches, say promoters), and three cost about $550.

The Eurowave and Contour Wrap are available at select spas across Canada.

CELIA MILNE/
FOR METRO CANADA

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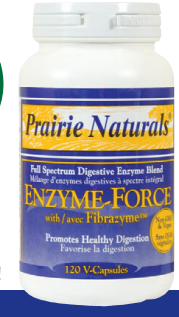

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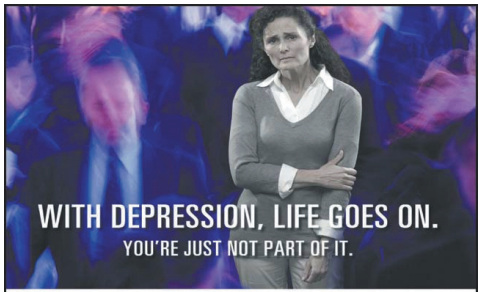

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Liposuction: A last resort

One woman's account of going under the knife (and the tube)

DENISE SURETTE
for Metro Canada

Many of us could name something we don't especially like about our bodies. But how far would you go to change it?

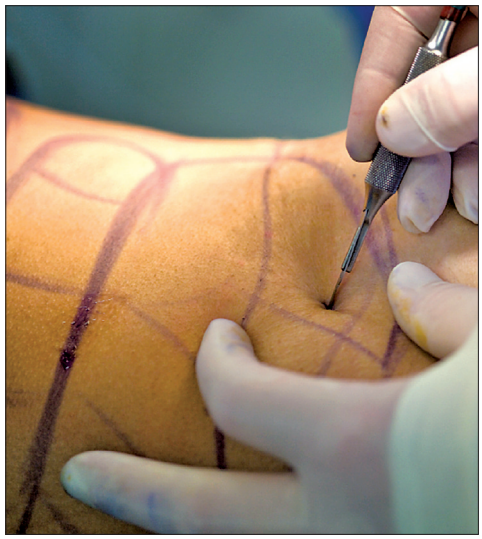
One Halifax woman, 29, who requested anonymity, found herself asking that same question when after all else failed she still wasn't happy with what she saw in the mirror.

The woman had liposuction done on her hips and thighs in Aug. 2006 at The Landings Surgical Centre in Halifax, Nova Scotia, one of Atlantic Canada's only private plastic surgery centres.

"I'm not a huge person," she says, "but I've always had a big butt and thighs."

She says that even though she was in great physical shape, and had been using diet and exercise to try and shrink her target area, the fat wouldn't budge. She had a hard time finding clothes that fit properly, because of her small torso and larger bottom.

After shunning bathing suits and shorts since childhood, she began looking into liposuction as a last resort. At the time, she says, the surgery seemed like a big deal.


ISTOCKPHOTO.COM
A surgeon cuts uses a scalpel during a liposuction procedure.

"Nobody knows about the surgery, but nobody asked. It seemed like a big deal to me, but to others it just looked like I lost some weight."
A Halifax-based liposuction patient

She took a week's vacation from work for the procedure and recovery time. She had bruising from her hips to her feet, and had to wear a support garment for six weeks to address the swelling, which in some cases can last up to a year.

But three years later, she says it's almost like it never happened. "Nobody knows about the surgery, but nobody asked," she says. "It seemed like a big deal to me, but to others it just looked like I lost some weight."

Before her surgery, the staff at The Landings explained to her the importance of keeping a healthy lifestyle not only before the surgery, but after as well.

"They said if I were to gain any weight, dents in the flesh would show up where the surgery had removed the fat."

Dr. Richard Bendor-Samuel, her plastic surgeon at the landings says it's important to be healthy and active if you're considering liposuction, and stresses it's not a weight-loss surgery.

"Overweight patients who undergo liposuction tend to regain any weight or fat that is lost at the time of surgery unless they alter their eating habits," he says. "Having said that, the results are excellent in patients who have isolated fatty deposits."

Today, the liposuction patient says she has two tiny scars, and lost four pants sizes and 15 pounds. If she had to do it over again, would she have the surgery? "In a heartbeat," she says.

Aging population will be increasingly 'disabled': researchers

STUDY As the population ages, more people will be classified as "disabled" more quickly if health messages aren't heeded, according to a large U.S. study.

Researchers from the University of Houston studied more than 20,000 people who participated in the Aerobics Center Longitudinal Study between 1974 and 2006.

They were examined several times during the study, which included a treadmill test and counselling on diet, exercise and other lifestyle factors.

Statistical models showed, not surprisingly, that heart and breathing fitness declined as people aged. And the decline speeds up after age 45.

Fitness levels eroded faster in men than in women. Researchers found that people can fend off these declines in fitness and keep health problems at bay by maintaining a healthy BMI, not smoking, and staying active.

"The U.S. population is aging and is becoming more obese and sedentary," the authors wrote.

"These data indicate the need for physicians to recommend to their patients the necessity to maintain their weight, engage in regular aerobic exercise and abstain from smoking," they concluded. The article was published in the Oct. 26 issue of Archives of Internal Medicine.

Obesity rates are higher in the U.S. than in Canada: about 30 per cent, compared to 23 per cent. A recent study found that obese workers take 10 times more sick days than normal-weight employees.

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Catching a mood upswing

A better diet — and omega 3 — can help fend off depression

CELIA MILNE
for Metro Canada

Did you know that eating good-quality food can lift your mood?

Making sure you are getting enough fibre, veggies and fish oils is a great way to lubricate your brain and make you happier, says Dr. Alan Logan, a naturopath and faculty member of the Harvard Medical School's Mind-Body Institute.

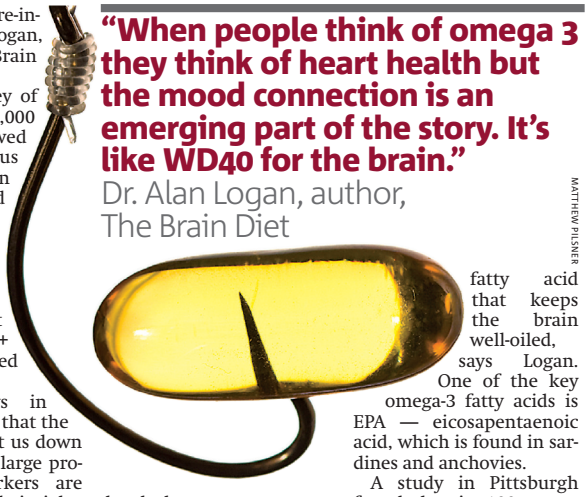
He spoke to Metro recently about the importance of getting the right nutrients, especially as we gear up for colder, darker weather.

"When you are under stress or feeling taxed or uncertain, that is a good time to really shore up the diet. Put yourself in the best position to re-invigorate," says Logan, author of The Brain Diet.

A recent survey of more than 1,000 Canadians showed 25 per cent of us are less happy in 2009 compared to a year ago. The survey was commissioned by Genuine Health, a Canadian company that makes o3mega+ joy, a fish-oil-based supplement.

Other surveys in 2009 have found that the recession has put us down in the dumps: a large proportion of workers are worried about their jobs, and suffering from anxiety, loss of sleep and headaches.

"When people think of omega 3 they think of heart health but the mood connection is an emerging part of the story. It's like WD40 for the brain."
Dr. Alan Logan, author, The Brain Diet


MATTHEW PILSNER

"Typically," says Logan, "when under stress, our diet is high in comfort foods that are high in sugar and the wrong fats such as saturated fat."

Instead, try reaching for the foods from the Mediterranean diet — fish, veggies, olive oil, and loads of fibre. More and more scientific research shows that this kind of diet protects against depression.

One of the most important nutrients we are missing is omega-3, an essential fatty acid that keeps the brain well-oiled, says Logan. One of the key omega-3 fatty acids is EPA — eicosapentaenoic acid, which is found in sardines and anchovies.

A study in Pittsburgh found that in 100 young healthy adults, those with lowest omega-3 were more likely to have day-to-day depressive symptoms.

And a recent study in Quebec found that 120 women who had distress or stress significantly improved their mood by taking 1 g of EPA each day.

"When people think of omega 3 they think of heart health but the mood connection is an emerging part of the story," says Logan. "It's like WD40 for the brain."

Dr. Logan recommends

Here are the cornerstones of Logan's happiness diet:

- Whole grains/fibre
- Fish and seafood
- Lots of colourful vegetables
- Exercise
- Vitamin D. 800 IU is helpful for winter mood.
- Folic acid. Many studies have shown a link between low folic acid and depression. Folic acid is found in rice, beans, green veggies, oranges and fortified cereals.
- Vitamin B12. A deficiency could make you more likely to have depressive symptoms. Check with your doctor.

CELIA MILNE/ FOR METRO CANADA

Problem solved: **Matte pink lipstick**

Q: I read on your blog that matte pink lipsticks are big for fall. Do you have any suggestions on how to find the right shade for my skin tone?

A: "I"m a huge fan of the matte pink look because it can look very mod or rock "n" roll. There"s a wide variety of matte pinks on the market from powdery to darker, more suede-like pinks," says celebrity makeup artist Talia Shobrook who created the makeup looks for the Marchesa runway show during New York Fashion Week. "For lighter skin tones, I suggest choosing a mauve or pale rose pink. Benefit has a good one called No Competition. Darker skin tones should go for darker pinks with a hint of purple. The darker your skin tone, the more daring the shade of pink you can wear."

METRO WORLD NEWS

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- Have experienced difficulty sleeping for at least three days out of the week

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ADVERTISING FEATURE

Self Image:

The Good, the Bad and the Unhealthy

It is a struggle these days to be able to maintain a positive body image with the unrealistic imagery of ideal women plastered all over ads, magazines, television and movies. Being confronted with skinny model after skinny actress on a daily basis can be tough, especially when these models of so-called 'perfection' weigh about 23% less than the average woman. Women are striving to achieve this perfect body exemplified by these divas when in reality more than half of today's female stars, spokes models and actresses are underweight.

This 'ideal' self image is definitely, in part, fuelled by the beauty industry, banking on insecure women purchasing cosmetics, fad diets and clothing in order to feel and look younger and thinner. The diet industry in the US alone is earning a revenue of up to 100 billion dollars per year in weight loss diets, programs and gimmicks. Unfortunately however, 90-95% of those dieters regain the weight creating an unhealthy repeat cycle of failed attempts and yo-yo dieting.

It's no wonder almost 90% of women today have a negative body image, which often leads to low self-esteem, unhealthy dieting habits and eating disorders, social isolation, emotional distress and depression. It causes many women to become resigned and even reject trying to live a healthy lifestyle, with proper nutrition and physical activity.

A positive body image and healthful lifestyle needs to be created. A focus on individual progress and achieving a healthy weight rather than comparing oneself to others is imperative along with the realization that healthy bodies DO come in all shapes and sizes. Becoming healthier is about changing your lifestyle and the way you think about your body, nutrition and fitness, not about measuring up to the media'slatest undernourished starlets.

When excess weight becomes a health issue, and affects your quality of life, it needs to become a priority to address. It can be an intimidating and daunting task when the majority of fad weight loss solutions out there are only temporary fixes and do not address all aspects of being overweight or obese. Obesity and a life long struggle with weight gain needs to be addressed by focusing not only on a weight loss solution but also by providing nutritional, emotional and physical support.

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Surprise! Women have sex for lots of different reasons

The J Spot

Josey Vogels

metronews.ca/thejspot

There's been quite a fuss kicked up in recent weeks over a new book called Why Women Have Sex: Understanding Sexual Motivations — From Adventure To Revenge (and Everything in Between).

Authors Cindy M. Meston and David M. Buss spent five years grilling more than 1,000 women about why they have sex and discovered that — surprise! — women have sex for a lot of reasons. Some do it out of duty, some for fun, some for money and some to relieve menstrual cramps (endorphins released through orgasm temporarily relieve pain).

I'm not sure why this is such a revelation to everyone. Just as women eat for reasons beyond survival, and shop for reasons beyond making sure their children don't go to school naked, they have sex for a variety of reasons, which range from the lofty to the less-than-honourable to just plain boring. Of course, it's fascinating to examine the why behind the reasons we do a lot of things in life, and sex should be no exception. To this end, the book is an interesting read.

Marrying the anecdotal with the scientific, the authors conclude that women choose to have sex with symmetrical men with deep voices for evolutionary reasons, in order to ensure healthier offspring. They do it to stop their partners from cheating. They do it to get stuff, be it money or household chores. And sometimes, yes, they simply do it for kicks.

It's nice to see the debate go beyond the old simplistic women do it for love, men do it mostly for physical gratification theory that so often gets bandied about.

But why just scrutinize women's sexual motivations? The authors argue that women's reasons are more complex, in part, because women can get pregnant and therefore must be more selective about why and with whom they have sex.

I'm sure there's some truth to that. But I can guarantee, even without doing five years of research, that, if they're honest about it, men have sex for just as many different reasons.

In the press release for the book, Meston says that the research "could help increase empathy and sexual communication between partners, and between men and women."

It seems to me that as long as we keep making female sexuality more and more complex, while we continue to talk about men's desire as if it's just like a light switch waiting to be flicked on, we're moving in the opposite direction.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

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Niki S., actual Slimband patient

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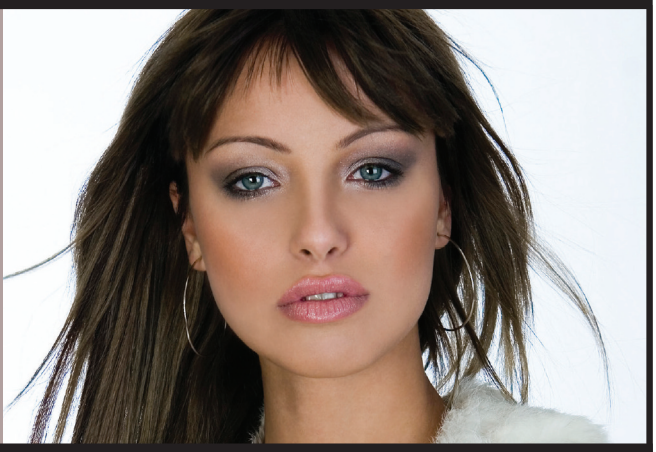

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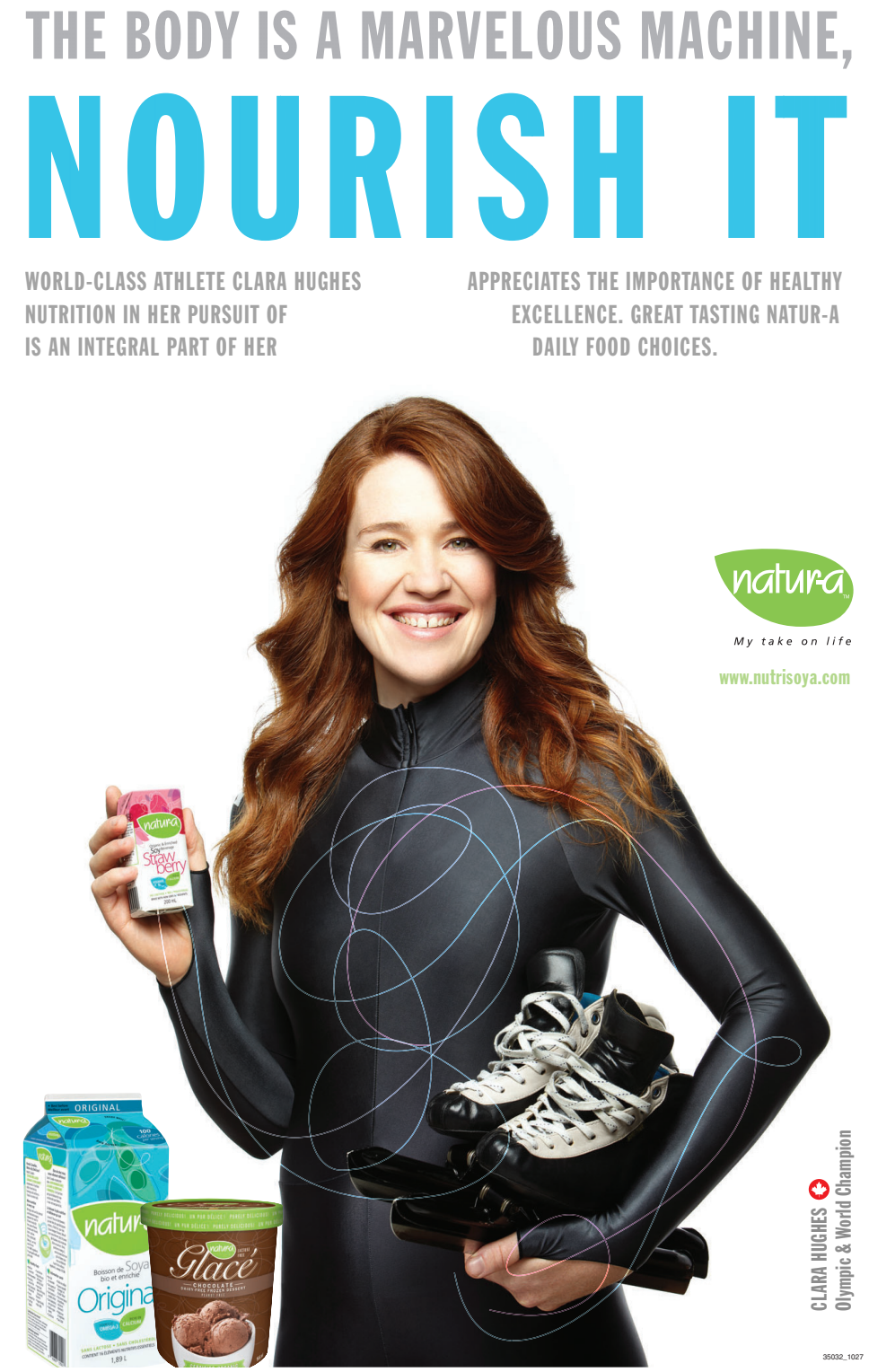
Health in brief

AUTISM Genes have a very strong role in autism. A recent U.S. study found that autism is quite likely to occur in both identical twins if one has it. Researchers in Baltimore studied 277 pairs of twins in which one twin had autism. Sixty-seven of the pairs were identical and the other 210 were fraternal. Among the identical twins, when one twin developed an autistic disorder, the other twin did as well 88 per cent of the time. In the fraternal twins — who are only as genetically linked as siblings — the second twin developing an autistic disorder occurred less often: 31 per cent of the time.

DIABETES STUDY Does lifting weights help people with type 1 diabetes? The READI trial (Resistance Exercise in Already-Active Diabetic Individuals) is currently underway in Calgary, Ottawa, Toronto and Winnipeg. Investigators are hoping to enrol 128 people to find out if resistance training, along with aerobic exercise, will help type 1 diabetics to control their blood sugars. A previous study by the group, led by Dr. Ron Sigal at the University of Calgary, found that weight training does help control blood sugar in type 2 diabetes, which reduces risks of blindness, kidney failure and amputations. For more information, please contact MaryAnn Clearwaters at 403.955.8115 or MaryAnn.Clearwaters@albertahealthservices.ca. CELIA MILNE/FOR METRO CANADA

Winnipeg native Meaghan Waller is shown with model agent Elmer Olsen at a mall tryout at the beginning of the most recent season of Canada"s Next Top Model. Waller, the season"s eventual winner, started out the series with metal braces.



In search of a better smile

DENISE SURETTE
for Metro Canada

Renovating your smile is easier, less intrusive and quicker than ever. In fact, Dr. Sol Weiss, dentist for the Miss Universe Canada Pageant, says that these days, the most important part of finding your perfect smile is knowing what you want.

That"s because there are a variety of options available to fix a crooked or discoloured smile. "Tell me what you like and don"t like," says Weiss from his Toronto clinic, "and then I"ll know what to do from there."

Weiss says the first step to a perfect smile is having healthy teeth to build on. Keeping up on regular dental checkups and taking care of your teeth at home is the best place to start.

"I won"t do anything until everything is healthy, cleaned and X-rayed," says Weiss.

If crooked teeth are your concern, you no longer have to be fitted with metal braces, which is often a deterrent for adults who want to straighten their teeth. Invisalign is a new alternative to metal, and starts at $3,500 for simple corrections.

Weiss says 80 per cent of his Invisalign patients are adults. One of Weiss" patients was the winner of the most recent season of CTV"s Canada"s Top Model, Meaghan Waller. Towards the end of the series, Weiss removed her metal braces and replaced them with the clear, removable aligners, to give her a sleeker look.

MIKE RUIZ/CTV

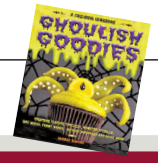
During the filming of Canada"s Next Top Model, Waller had her metal braces replaced with Invisalign.

Zoom whitening, is a popular option for discoloured teeth. The procedure can be done in one appointment and can lighten your teeth several shades for just under $700.

For cracked or chipped teeth, there are a few options. Bonding the tooth will change the shape and colour of the tooth, and can be matched to fit in with the rest of your teeth.

For teeth that need a lot of work, Weiss says veneers are a good bet. They are long lasting, and can give you an all over perfect smile, correcting misaligned and chipped teeth. This procedure starts at a base of $1,300 plus lab fees.

Things that go crunch in the night ...
Ghoulish Goodies: Creature Feature Cupcakes, Monster Eyeballs, Bat Wings, Funny Bones, Witches' Knuckles, and Much More!, by Sharon Bowers, is a colourful selection of frightful foods that will delight children and the young-at-heart alike. THE CANADIAN PRESS



Food

Pumpkins aren't just an icon of Halloween. They also are a sign of healthy eats. Like carrots, pumpkins are loaded with the antioxidant beta-carotene, potassium and fibre. Plus, with only 49 calories per 250 ml (1 cup) cooked, this tasty squash is a great fit for a healthy diet.

THE ASSOCIATED PRESS

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

Cheesy, chicken party bites

Marinated Mozzarella Cubes

MAKES 12 SERVINGS

INGREDIENTS:
- 1 lb (500 g) mozzarella cheese, cut into 1-in. (2.5 cm) cubes
- 1 jar (7 oz/207 ml) roasted red peppers, drained and cut into bite-size pieces
- 6 fresh thyme sprigs
- 2 garlic cloves, minced
- 1 1/4 cups (300 ml) olive oil
- 2 tbsp (25 ml) minced fresh rosemary
- 2 tsp (10 ml) Italian seasoning
- 1/4 tsp (1 ml) crushed red pepper flakes
- Bread or crackers

METHOD:

1. In 1-qt (1 L) jar with tight-fitting lid, layer one-third of cheese, peppers, thyme and garlic. Repeat layers twice.
2. In small bowl, combine oil, rosemary, Italian seasoning and pepper flakes; mix well. Pour into jar; seal and turn upside down.
3. Refrigerate overnight, turning several times. Serve with bread or crackers.

Marinated Mozzarella Cubes

Chicken Kiev

SERVES 6

INGREDIENTS:
- 1/4 cup (50 ml) butter, softened
- 1 tbsp (15 ml) minced chives
- 1 garlic clove, minced
- 6 boneless skinless chicken breast halves
- 3/4 cup (175 ml) crushed cornflakes
- 2 tbsp (25 ml) minced fresh parsley
- 1/2 tsp (2 ml) paprika
- 1/3 cup (75 ml) buttermilk

METHOD:

1. In small bowl, combine butter, chives and garlic. Shape into 3-in. x 2-in. (7.5 cm x 5 cm) rectangle. Cover and freeze until firm, 30 minutes.
2. Flatten chicken breasts to 1/4-in. (0.5 cm) thickness. Cut butter mixture crosswise into six; place one piece in centre of each chicken breast. Fold long sides over butter; fold ends up and secure with toothpick.
3. In shallow dish, combine cornflakes, parsley and paprika. Place buttermilk in another shallow dish. Dip chicken into buttermilk, then coat evenly with cornflake mixture.
4. Place chicken seam side down in greased baking pan. Bake, uncovered, at 425°F (220°C) 35-40 minutes or until no longer pink. Remove toothpicks before serving. Serve over rice.

Chicken Kiev

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

When cupcakes turn evil ...

If you're looking for easy, no-recipe-needed Halloween treats, these creeped-out cupcakes are an eerily good choice.

Both ideas are from Matthew Mead's Monster Book of Halloween, which is jammed with numerous ghastly treats and decorations.

Vampire Cupcakes

Bake up a batch of your favourite cupcake recipe or prepare a boxed mix according to package directions. Alternatively, most bakeries (even those in grocers) will sell unfrosted cupcakes if asked in case you want to do only the fun part — the decorating.

Once the cupcakes have cooled, frost them with white cake frosting.

Use black gel icing (the sort sold in tubes in the baking aisle) to draw a bat on top of each cupcake. If you need help with this, a template can be downloaded from Mead's website at tinyurl.com/yeboobr. Cut out the template and use it as a stencil.

Use a toothpick to make 2 holes (bite marks) near each bat, then drizzle red gel icing into each.

Get Slimed Cupcakes

Prepare 2 packages of Jell-O Gelatin (any variety, though green and yellow are good) according to the package's directions for Jigglers (2 packages plus 500 ml/2 cups boiling water). Divide the liquid among 6 flexible silicone baking cups.

Divide remaining liquid among 6 round-bottomed teacups (this creates a domed top for each cupcake), filling each about 2 cm (1/2 inch). Refrigerate everything for 4 hours or until set.

To remove gelatin from cups, set base of each in a bowl of warm water for about 10 seconds. Overturn cups and gently pry out cupcakes and dome tops.

Invert a dome onto each cupcake, then decorate with gummy worms.

THE ASSOCIATED PRESS

LARRY CROWE/THE ASSOCIATED PRESS

Vampire Cupcakes

LiquidAssets

Peter Rockwell

metronews.ca/liquidassets

Braaains...

Age is only a number when it comes to celebrating All Hallows' Eve. Of course nowadays I'm less about the candy and more about a liquid treat and Oct. 31 is the perfect day for a Bloody Mary or two.

A few years ago I made a pilgrimage to Harry's New York Bar in Paris — the place where vodka first met tomato juice back in 1921 — to learn more about the classic cocktail. The secret is the spirit. Harry's bartender prefers **Russia's Stolichnaya Vodka ($23.58 - $26.48)** because of its rustic texture. Since it's almost Halloween, I think **Crystal Head Vodka ($51.00 - $74.95)** from Newfoundland would be more appropriate.

Conceived in the mind of Ghostbuster Dan Aykroyd; it shows off a sophisticated, lightly sweet flavour that just happens to come wrapped in one spooky skull-shaped bottle. (Though not listed by the LCBO, Ontario readers can place private case orders by contacting Diamond Estates at 416-488-4922, ext. 10).

Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

Braeden is back
Weeks after announcing his departure from The Young and the Restless, Eric Braeden is back and — as he puts it — "ready to kick ass" as Victor Newman. Contract negotiations between Braeden and the show broke down this fall. TVGUIDE.COM

Entertainment

Financial loss
50 Cent has lost "a few million" in the current recession. The rapper said his financial endeavours — particularly buying and selling diamonds — have taken a hit.
FEMALEFIRST.CO.UK

EDITOR: DEAN.LISK@METRONEWS.CA

DVD picks

Orphan

Director: Jaume Collet-Serra

FAMILY VALUES are also put to the test in this surprisingly effective summer shocker, which plays off the age-old fear of inviting horror into your home.

The marriage of John and Kate Coleman (Peter Sarsgaard and Vera Farmiga) is on the rocks after the third pregnancy for Kate, a problem drinker, ends in tragedy. The couple already have daughter Max (Aryana Engineer) and son Daniel (Jimmy Bennett), but they really want a third child. They decide to try again, but this time going the adoption route.

They welcome home Esther (Isabelle Fuhrman), a nine-year-old Russian with intense eyes. Max takes to her immediately, but Daniel is wary — and with good reason. Esther swears a lot and knows way more about sex than she should.

The suspense builds well, aided by strong performances by Sarsgaard and Farmiga, who improve every movie they're in. Orphan redeems the horror career of director Jaume Collet-Serra, who previously helmed the simply awful Paris Hilton vehicle, House of Wax.

Extras include additional scenes and an alternate ending.

Ice Age: Dawn of the Dinosaurs

Director: Carlos Saldanha and Mike Thurmeier

THIS THIRD TRIP to the Ice Age cooler is a Jurassic Lark. It should delight families with its amusing new dino buddies, even as it risks terrifying tots with its marauding Tyrannosaurus rex.

Family values turn to tribal trauma after woolly mammoths Manny (Ray Romano) and Ellie (Queen Latifah) announce to their prehistoric pack that they're expecting a bouncing bundle of fur.

Sabre-toothed tiger Diego (Denis Leary) takes this as his cue to go solo, while nutso sloth Sid (John Leguizamo) has the opposite reaction, regretting his childlessness. Trouble ensues when the mother dinosaur comes looking for her brood, leading the crew into an underground world that time forgot — and which palaeontologists must forgive.

Peter Howell/for Metro Canada

Python looks back

Filmmakers present an exhaustive portrait of comedy troupe

AMBER RAY
Metro World News

Monty Python: Almost the Truth (the Lawyer's Cut), the six-part retrospective celebrating 40 years of silly walks and odes to lumberjacks by the irreverent British comedy troupe, is at times reverential and revelatory, celebratory and silly.

But the one thing filmmakers Bill Jones (son of Python Terry Jones) and Ben Tillman definitely did not want their documentary to be is — as Jones puts it — "a—kissing."

"The main thing we wanted to do was make sure we weren't sucking up to them too much," Jones adds.

"So we stick it in them a couple times."

"We wanted to be irreverent in a sense like they are," Tillman completes the thought.

The pair have known each other since the age of 4, and in 1998 formed the film company Bill and Ben Productions, working on films about the Sex Pistols and the Clash, among others.

"We open the film with taking a p— (at the Pythons)," Tillman continues, "and then ..."

"Well it's also a bit easier to do that when they're a bit rude about each other as well," Jones chimes in. "They don't really care."

"But mostly the piece is the entire history of the Pythons told chronologically," Tillman finishes. "This is ultimately what we set out to create."

And, ultimately, it may very well be the definitive Monty Python documentary.

Having spent so much time documenting the Monty Python crew, we asked the filmmakers what they believe is the group's most important mark on comedy.

"For me, the most important thing they've done is to give people the freedom to do whatever comedy they think is funny," Jones says.

"They've given people an opportunity to create a new kind of funny," Tillman adds.

JASON KEMPIN/GETTY IMAGES

Actors Eric Idle, Terry Jones, Terry Gilliam and Michael Palin attend the IFC & BAFTA Monty Python 40th Anniversary event at the Ziegfeld Theatre in New York City.

Almost the truth

- Monty Python: Almost the Truth (the Lawyer's Cut) is now avaialble on DVD.

INVITE HER HOME TONIGHT.
(JUST DON'T LET HER GET TOO COMFORTABLE.)

ORPHAN IS AVAILABLE TONIGHT ON CHANNEL 100 – THE SAME DAY AS THE DVD RELEASE.
There's no need to race to the video store tonight. Stay in and order *Orphan* On Demand from the comfort of your home. It's available at the touch of a button, and there's no DVD to return. Or, make it a spooky double bill, with *Trick 'r Treat*.

AVAILABLE TONIGHT – CHANNEL 100

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Perry "insulted" by Lee

Tyler Perry, appearing on 60 Minutes, said he was "insulted" by Spike Lee's criticisms of Perry's hit TV shows and movies. Lee recently called Perry characters such as Madea examples of "coonery" and "buffoonery." METRO NEWS SERVICES

Halloween classics

Holiday serves up plenty of spooky film and TV options

PHIL BROWN
for Metro Canada

With Halloween only a few days away, everyone is suddenly in the mood to enjoy some good old fashioned morbid entertainment.

Last week the latest Saw movie debuted and next week Donnie Darko director Richard Kelly will provide us with some Twilight Zone inspired chills with The Box.

But if you don't feel like venturing out to the multiplex for an annual dose of horror, there are still plenty of ways to excite your eyeballs with Halloween entertainment at home.

To make your holiday viewing schedule a little easier, we've compiled a list of the essential Halloween classics.

Halloween: John Carpenter's 1979 horror classic has become a Halloween favourite for a reason. Not only does the movie take its title and setting from the holiday, but it's also the movie that launched the slasher genre that dominated horror for years (this may or may not be a good thing).

A subtle horror movie that relies more on suspense and dread than goopy gore, Halloween has lost none of it's ability to give audiences sleepless nights in the thre decades since it's original release.

Milhouse and Lisa head toward the pumpkin patch where the grand — instead of the great pumpkin — might appear in the annual Simpsons Treehouse of Horror episode.

The Simpsons Treehouse Of Horror: For 20 years (yep, you're officially old) The Simpsons have been providing horror/comedy for Halloween with what is typically their best episode of the season.

What better way could there be to celebrate the holiday than by watching Homer threaten the world's favourite animated family with an axe in an homage to The Shining or seeing a creepy merchant handing out possessed Krusty dolls with delicious bowls of frogurt? T his Halloween tradition might be the most missed aspect of The Simpsons when the show finally ends its groundbreaking run.

It's The Great Pumpkin, Charlie Brown: Before The Simpsons claimed supremacy over animated TV holiday specials, there was Charlie Brown. Charles Schulz's beloved awkward youngster and his group of charmingly childish friends set out on a night of trick or treating and a search for the mysterious Halloween monster "the great pumpkin" in this TV classic.

It might not be scary and it's definitely not as beloved as the Peanuts Christmas special, but this is vital viewing for anyone craving nostalgia.

Trick R' Treat: Released only a few weeks ago, it might seem like jumping the gun to call Trick R' Treat a holiday classic, but one viewing of Michael Dougherty's directorial debut should be all you need to add it to your annual Halloween viewing list.

This anthology horror movie set on Halloween combines liberal doses of comedy and horror for pure giddy holiday entertainment.

The combined tales of an evil principal, mysterious partygoers, a Halloween prank gone wrong, and a murderous little trick or treater are sure to be October slumber party staples for years to come.

The Nightmare Before Christmas: Tim Burton's stop motion classic might just be the perfect movie to watch on Halloween. After all, when you go out on Nov. 1 the stores will already be stocking the shelves for Christmas.

Watch this movie and you can knock two holiday viewings off at once and go back to your regularly scheduled programming. Perfect Halloween viewing for the lazy or attention span impaired.

Jackson's rehearsal film comes to the big screen

The 50 comeback concerts Michael Jackson planned in London last summer sold out in a few hours.

With those shows relegated to what-if status by his death in June, the question now is how well the singer can pack movie theatres with Michael Jackson: This Is It, a chronicle of his concert preparations that now stands as his final performance.

Advance ticket sales have been brisk, but no one has a handle on how big the turnout might be this week.

Some think it's likely to surpass the $31.1 million opening weekend and the $65.3 million lifetime haul of Hannah Montana & Miley Cyrus: Best of Both Worlds Concert, the biggest concert movie on record. Some expect a $100 million total domestic haul. Others think it could go much higher, but how high is anyone's guess.

"It reminds me of Blair Witch, it reminds me of Fahrenheit 9/11, it reminds me of Passion of the Christ. You even have to throw in Snakes on a Plane. Films that are bigger than life and just unpredictable. We don't really know how they're going to do," said Paul Dergarabedian, box-office analyst for Hollywood.com.

For the record, The Blair Witch Project, Fahrenheit 9/11 and The Passion of the Christ all were hits. Snakes on a Plane, despite tremendous advance buzz, fizzled.

Michael Jackson: This Is It chronicles of his final concert preparations.

Not quite a concert film, not quite a documentary, This Is It is like nothing that has hit theatres before. It comes just months after Jackson's death, with fans still eagerly digesting every scrap of news about him. It distills more than 100 hours of footage shot as Jackson rehearsed for the concerts in the weeks before his death. And it truly is a final glimpse of an artist who ruled the pop charts in the 1980s before retreating to a reclusive life amid allegations of child molestation. THE ASSOCIATED PRESS

Curtain call

• The Michael Jackson film This Is It opens in theatres on Wednesday.

Misty watercolour memories

Chris Brown doesn't seem to want to let go of Rihanna. Brown posted a link on Twitter to a fan-made YouTube montage of the couple's relationship, set to the song The Way We Used to Be. Brown added the message, "IM SORRY YALL. JUST HAD TO POST IT." POPEATER.COM

Lenny Kravitz returns to his roots

20 years after first album, singer-songwriter remains the picture of cool

TINA CHADHA
Metro World News

To celebrate the 20th anniversary of his debut album, Let Love Rule, Lenny Kravitz is bringing his retro rock back to intimate venues.

"We're just reintroducing ourselves to our supporters and getting right up in everyone's face. That's kinda how it was 20 years ago," says the 45-year-old singer, songwriter and sex symbol.

(If you need to refresh your memory of Kravitz's body of work, treat yourself to the video for Again.)

PETER KOLJANY/THE ASSOCIATED PRESS

Kravitz will play a series of concerts to mark two decades since his debut album, Let Love Rule.

Q Haven't seen you in a while. What's the hair like these days?

A I'm growing it back. I'm just going to grow it and see what happens.

Q You've been living in Paris for two years. Why?

A It's the first place I fell in love with when I left America 20 years ago. They sent me to Europe when my first album came out, and that's really where I broke. … I'm really into architecture and Paris is so incredibly beautiful. I'm really inspired there.

Q Ah, hanging in the swanky 16th arrondissement. The thing about you, Lenny, is you're always so cool.

A (Laughs) Ask my daughter. I'm sure she'll have a different opinion. You gotta be a dorky dad sometimes.

Q Speaking of Zoe (Kravitz's daughter with ex-wife Lisa Bonet), she sings too. Any plans for a duet?

A She has a great band. She's been opening for the Roots and playing festivals. It would be so much fun to write a song with her, and I'm sure we will, but she's so busy doing her thing. I'm just watching and loving what she's doing.

"It's going to be funky, that I know. It's got a lot of elements of funk and soul, African music and jazz mixed up with rock 'n' roll."
Lenny Kravitz on new album Negrophilia

Q Now that it's 20 years later, do you have to do extra stretches or something before shows?

A You talking like you talking to Mick Jagger… I'm still young! (laughs) … Thank God I have the genes of my grandfather. He was a kid until he was 93.

Jay-Z, Keys go to bat for Yankees

PITCH-PERFECT The New York Yankees have been blasting Jay-Z's Empire State of Mind during their playoff run. Now, the team will have the rap king perform the song live to kick off Game 1 of the World Series. Jay-Z and fellow New Yorker Alicia Keys are set to perform the hit on Wednesday, as the Yankees take on defending World Series champs the Philadelphia Phillies. In an interview yesterday, Jay-Z was excited about the performance, saying, "Thank the good Lord for making me a Yankee." He called the opportunity a "once-in-a-lifetime experience."

THE ASSOCIATED PRESS

In brief

U2 DÉJÀ VU With their current tour ending Wednesday in Vancouver, Irish rockers U2 have announced another tour in 2010. They'll play Toronto's Rogers Centre on July 3, and will also visit Edmonton and Montreal. Tickets go on sale Nov. 2. THE CANADIAN PRESS

Mix of Six

Metro taps into today's best entertainment and event picks

BENEFIT Mike Wilmot, Lewis Black and Seth Meyers headline Stand Up for Kids at the Winter Garden Theatre, 189 Yonge St., for Canadian youth at risk. $50-$125. 416-872-5555.

COOKING St. Lawrence Market, 93 Front St. E., plays host to Couples in the Kitchen, a cooking class for partners, at 6 p.m. $50. 416-860-0727.

BOOKS Former governor general Adrienne Clarkson talks about her biography of Norman Bethune. 7 p.m., North York Central Library, 5120 Yonge St. 416-395-5535.

READING Philosopher Mark Kingwell reads from his work at S. Walter Stewart Library, 170 Memorial Park Ave., at 7 p.m. 416-396-3975.

MUSIC Writer/musician Paul Quarrington plays tonight at Hugh's Room, 2261 Dundas St. W. $18-$20. hughsroom.com

CONCERT Metallica plays its second of two nights at the Air Canada Centre, 40 Bay St. ticketmaster.ca

Testimony targets Smith's psychiatrist

A witness has testified that Anna Nicole Smith's psychiatrist was prescribing excessive medication at a time when other doctors were giving the former Playboy model opiates and other drugs.

Khristine Eroshevich

Dr. Timothy Botello, an expert in psychiatry, testified yesterday at a preliminary hearing for three defendants accused of illegally giving Smith drugs.

Botello documented prescriptions written from 2003 to 2007, when Smith died of an accidental drug overdose at a Florida hotel.

He focused on one month in 2004 when Dr. Khristine Eroshevich, Smith's psychiatrist, and Dr. Sandeep Kapoor were giving her medications from various pharmacies.

Eroshevich, Kapoor and Smith's former boyfriend and lawyer, Howard K. Stern, are charged with conspiring to provide Smith illegally with controlled substances. All have pleaded not guilty.

THE ASSOCIATED PRESS

Entertainment in brief

POLANSKI VICTIM An attorney for Roman Polanski's victim says scrutiny caused by Polanski's arrest is causing her health problems. Attorney Lawrence Silver says Samantha Geimer is urging a California appeals court to dismiss the criminal case against the director, who was accused of raping the then 13-year-old Geimer in 1977. Silver said Geimer, who lives in Hawaii, has been stalked by journalists since Polanski's arrest Sept. 26 in Switzerland.

THE ASSOCIATED PRESS

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*Contest starts September 1, 2009 at 12:00 a.m. EST and ends October 31, 2009 at 12:00 a.m. EST. There is one (1) prize during the contest period; one (1) year of Yak Pak Fully Loaded service which includes one (1) year Yak High Speed Internet subscription (where available), one (1) year Yak Home Phone subscription, and one (1) 32" LCD HDTV. Enter online at http://winwithyak.yak.ca by filling out an electronic ballot, no purchase required. Only one (1) entry per person. Odds of winning depend on the total number of eligible entries received. Visit http://winwithyak.yak.ca for full contest terms and conditions. **Terms of service apply. Security deposit may be required. All security deposits will be reimbursed in full after six months provided timely account payment history has been demonstrated.

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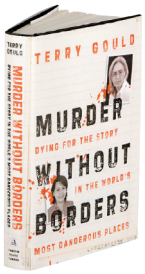
Gervais to host Golden Globe

British comedian Ricky Gervais has been picked to host Hollywood's Golden Globe Awards show. The 67th annual Globes will mark the first time since 1995 that the show has had a host. THE ASSOCIATED PRESS

For lives lost chasing the story



Terry Gould will receive a press freedom award for his book Murder Without Borders.

LAURA EGGERTSON
for Metro Canada

Profiling seven journalists who were murdered while investigating abuse and corruption changed Terry Gould's life.

The Vancouver-based investigative journalist is receiving the Tara Singh Hayer Memorial Award on Dec. 9 from Canadian Journalists for Free Expression. The press freedom organization is honouring Gould for his book, Murder Without Borders: Dying for the Story in the World's Most Dangerous Places.

Around the world, more than 740 journalists have been killed on the job — about 75 per cent of them targeted and murdered — says Gould. In almost all those cases, those directing the murders were not punished.

Gould, 60, spent four years on the book, travelling to Russia, Iraq, Colombia, the Philippines and Bangladesh to uncover the reasons that journalists who predicted their own deaths still pursued their stories about powerful interests oppressing others.

"I wanted to discover what it was that imbued these journalists with this psychology of sacrifice, that enabled them to persist with these stories even though they would get murdered doing so," says Gould, himself a freelance journalist.

Gould was drawn to all of the journalists that he wrote about and to the transformative events in their lives. But it was learning about Manik Chandra Saha in Bangladesh that transformed his own life, Gould says.

"His selflessness seemed to come from pure goodness," Gould says.

Saha was murdered in 2004 after writing a series of articles about the Bengal mafia working in league with jihadists and Maoist gangs to rape Hindu farm women, steal land from the farmers, and log in a reserve set aside for Bengal tigers, says Gould.

Gould hopes his book will ensure that these journalists and the stories that cost them their lives will not die.

Citizen's award

• Paul Pritchard was returning to Canada after teaching English in China when he caught sight of a confrontation in the Vancouver airport: RCMP officers surrounding Polish immigrant Robert Dziekanski. Tonight, Canadian Journalists for Free Expression (CJFE) honours Pritchard with its first Citizen Journalism award because Pritchard kept his digital camera rolling, refusing to turn it off despite RCMP orders. He then demanded the force return his video. LAURA EGGERTSON/ FOR METRO CANADA

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Cocktail on Broadway

Tom Cruise's '80s classic Cocktail is set to get the Broadway treatment, as Heywood Gould, who wrote the original script, is working on a musical adaptation. METRO WORLD NEWS

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Back with a vengeance

Metallica

Venue: Air Canada Centre

Rating: ⊛⊛⊛⊛⊛

JOHN KENNEDY/FOR METRO TORONTO

Metallica bassist Robert Trujillo performs at the Air Canada Centre last night.

Recent history has not been kind to Metallica.

From internal struggles to directional strife, poor album reviews and a tell-all documentary that painted them as whiners with a need for attitude adjustments, Metallica has spent most of the new millennium battling strife and unstable critical opinion.

Not anymore, folks. Ravaging town for the first of two nights on their current World Magnetic Tour, guitarist/vocalist James Hetfield, bassist Rob Trujillo, guitarist Kirk Hammett and drummer Lars Ulrich proved that despite a few setbacks, they've returned with a vengeance.

Setting a powerful mood instantly, the quartet ran onstage to their long-standing intro music, Ennio Morricone's "The Ecstasy Of Gold," before blasting into "That Was Just Your Life" and "The End Of The Line," a double-shot from their latest effort, Death Magnetic. The crowd immediately returned the graces of Metallica's guttural, aggressive pace-setter with raucous applause and Bic lighter salutes, a welcome change from the onslaught of blue electronic-device lights that have replaced them over the years.

But even Metallica knew this had to be a night of true old-time heavy metal. After the opener, it was straight into the crowd-pleasing hits such as "Ride The Lightning" and obvious necessities such as pyrotechnics-heavy "One," all performed with great enthusiasm from both sides of the stage: the band running about endlessly, the fans cheering uproariously.

However, the stage and theatrics was just as vital to the end result. Maximizing their "centre stage" set-up, Metallica was surrounded on all sides by fans, Ulrich's kit spinning around so that everyone got their fair view. From the rafters, massive — as in, the size of a large truck — sets of steel coffins housed a mind-melting lighting rig that shifted up and down, dwarfing the already larger-than-life band.

As for those lights, well, more mature readers might recall when Toronto's McLaughlin Planetarium held a then-dazzling Pink Floyd Laser Light Show. Within the span of seconds, the plethora of red, green, blue and other multi-coloured light effects rendered that spectacle about as effective as wiggling a light pen around in a dark soccer field.

To say this amalgam of visual effects coupled with beastly sound and tight, confident playing was amazing is a horrific understatement. While they may have had their problems, Metallica is still the biggest — and best — heavy metal band today.

KEITH CARMAN /FOR METRO TORONTO

to	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 10/27/09	265	353	2	TVO	Parks	Recreat. Eden	The Agenda With Steve Paikin		London Hospital (N)		The Cosmos	The Cosmos	Agenda-Paikin
	211	331	3	GTV	ET Canada	Entertainment	NCIS "Deliverance"		NCIS: Los Angeles		The Good Wife (HDTV)		News Final (N)
	215	343	4	OMN1	Two/Half Men	The Simpsons	Omni News: Italian Edition (N)		Vivere V	Omni News:	The Simpsons	King of the Hill	Metropia
	210	302	6	CBC	Wheel-Fortune	Jeopardy! (N)	Rick Mercer	22 Minutes (N)	Being Erica (N) (DVS)		CBC News: The National		The Hour
	214	344	7	CITY	Law & Order: SVU		The Biggest Loser (N)				The Jay Leno Show (N)		News
	212	313	8	CTV	etalk	Hollywood	CSI: NY "Boo"		Dancing With the Stars		Law & Order: SVU		CTV News
	218	345	11	CHCH	*At the Midnight Hour* (1995, Romance) Patsy Kensit.				*Halloween: Resurrection* ★ (2002, Horror) Jamie Lee Curtis.				News at 11 (N)
	137	763	13	TFO	Panorama		Un monde de passions		*Laisse tes mains sur mes hanches* (2003, Com. Sentimentale)				Opération lune
	-	-	14	-	Family Guy	The Office	Omni News: S. Asian Edition		Omni News: Cantonese Edition		Two/Half Men	King	Adeena Niazi
	213	326	15	SUN	The Insider (N)	George Lopez	World's Most Amazing Videos		To Serve and Protect		The Insider	Argos Access	Becker
	-	387	16	CBS	Inside Edition	Hollywood	NCIS "Deliverance"		NCIS: Los Angeles		The Good Wife (HDTV)		News 4 at 11
	-	385	17	NBC	The Insider (N)	Entertainment	The Biggest Loser (N)				The Jay Leno Show (N)		News
	-	386	18	ABC	Wheel-Fortune	Jeopardy! (N)	Great Pumpkin, Charlie Brown		Dancing With the Stars		(10:01) the forgotten		News
	219	346	20	ACH-B	Degrassi: TNG	TMZ (N)	So You Think You Can Dance (HDTV) (N)				Wife Swap		A News
	-	-	28	FOX	Judge Judy	Two/Half Men	So You Think You Can Dance (HDTV) (N)				Seinfeld	Two/Half Men	The Simpsons
	-	388	61	PBS	News-Lehrer	Foot in Grave	Nova (HDTV) (DVS)		Frontline (N) (DVS)		Age of Terror "The Paris Plot"		Business Rpt.
	297	652	330	WPX	Two/Half Men	Family Guy	90210 (HDTV)		Melrose Place (HDTV)		PIX News at Ten Tong.		Two/Half Men
	296	654	331	SBK	The Insider (N)	Entertainment	Law & Order: SVU		WBZ News (N)	Frasier	The Office	Name Is Earl	Frasier
	298	653	332	TLA	The Tyra Show Infertility.		According-Jim	Family Guy	KTLA News	KTLA News	Two/Half Men	Two/Half Men	90210
news	502	390	26	NW	To Be Announced		To Be Announced		CBC News: The National		CBC News: the fifth estate		National
	500	500	33	CNN	Lou Dobbs Tonight		Campbell Brown (N)		Larry King Live (N)		Anderson Cooper 360 (HDTV)		
	509	504	79	CNB	Kudlow Report		Biography on CNBC		Executive Vision (N)		Marijuana Inc.: Pot Industry		Mad Money
sports	405	417	22	net	Over the Bolts	Over the Bolts	Over the Bolts	This Great Land-Torch		MMA Conn	Sportsnet Connected		Hockey Central
	400	400	30	TSN	NHL Hockey Philadelphia Flyers at Washington Capitals. (HDTV) (Live)					SportsCentre		That's Hockey!	SportsCentre
	411	457	58	OLN	Ghost Hunters		Dog the Bounty Hunter		Survivorman		Ghost Hunters		Bounty Hunter
	417	406	81	SC	Pass Time	NASCAR Hub	Monster Jam (HDTV)		Super Bikes!	Super Bikes!	Jacked!	Jacked!	Pimp My Ride
family	551	542	25	YTV	OddParents	Prank Patrol	Malcolm-Mid.	Hates Chris	8 Simple Rules	What I Like	Family Biz	Prank Patrol	Adrenaline Proj
	554	544	45	TEL	*Scooby-Doo*	*Scooby-Doo and the Cyber Chase* (2001)			Futurama	King of the Hill	American Dad	Futurama	Robot Chicken
	556	540	51	FAM	Sonny Chance	Zack & Cody	Overruled! (N)	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	Cory in House	That's-Raven
	602	567	27	W	Old Christine	Friends	Friends	Grocery Bag	Style by Jury	Style by Jury	How to Look Good Naked (N)		10 Years
cable variety	570	580	29	MM	One Tree Hill		Love Court	Video on Trial	Starmaker		MuchNews	My Date With...	One Tree Hill
	615	520	31	A&E	Criminal Minds "Legacy"		The First 48 (HDTV)		Parking Wars	Parking Wars	Parking Wars	Parking Wars	Parking Wars
	700	800	35	TLN	Centrovetrine	Sky TG 24	Serie A	David Rocco	RIS - Delitti Imperfetti		George Lopez	George Lopez	George Lopez
	571	581	36	MMM	The Daily Fix		Ranked!		Wild 'n Out	Wild 'n Out	High School Reunion		The Daily Fix
	575	583	38	CMT	Funniest Home Videos		Reba	Reba	According-Jim	According-Jim	Home Improve.	Home Improve.	Wilsons
	616	521	39	SHO	The Outer Limits		*Wide Awake* (2007, Drama) Missy Peregrym.				Bones (HDTV)		NCIS
	620	523	40	BVO	Kathaumixw: A Thousand		Live at the Rehearsal Hall		A Tribute to the King of Rock & Roll				Law & Order
	601	562	41	SLC	Rich Bride, Poor Bride		Wedding SOS	Wedding SOS	Wedding SOS	Wedding SOS	Bulging Brides	Bulging Brides	ET Canada
	522	506	43	HIS	Ancient Discoveries		Cities of the Underworld		Cities of the Underworld		Ultimate Engineering		Crime Stories
	625	548	44	COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Jeff Dunham	Blue Collar TV	Daily Show
	600	564	46	H&G	House Hunters	Property Virgin	HGTV's Top 10	Design Inc.	Pure Design	Genevieve	House Hunters	House Hunters	Holmes-Homes
	294	529	47	TBS	Family Guy	Family Guy	House-Payne	House-Payne	Law & Order: SVU		*Final Destination 3* ★★ (2006, Horror)		
	576	582	49	BET	Awards Preshow		BET Hip-Hop Awards 2009 (HDTV) (N)				Monica: Still	Monica: Still	Mo'Nique
	627	528	50	SPC	Stargate Atlantis (DVS)		Star Trek: Voyager		*The Hitcher* ★ (2007, Suspense) Sean Bean.				InnerSpace (N)
	581	566	52	MTV	Peak Season	After	Disaster Date	The City	The City	The Hills	The Hills	After	MTV Live
	618	524	54	TROP	'70s Show	'70s Show	The Outer Limits		ET Canada	Switch	Family Guy	'70s Show	'70s Show
	603	561	56	FOOD	Ricardo	Exotic	Restaurant Makeover		The F Word (N)		Good Eats	Good Eats	Iron Chef Am.
	261	394	60	V	Murder, She Wrote		Bless-Father	Dinnerladies	Quantum Leap		Unscripted (N)	I Prophesy	Poltergeist
	621	527	63	STR	Look-A-Like	TMZ	The Ellen DeGeneres Show (N)		The View Rod Stewart.		The Dr. Oz Show (HDTV)		TMZ
	553	546	65	TRE	Backyardigans	Nght Grdn	Waybuloo	Franklin	Little Bear	Maggie-Beast	Babar	Zigby	Max & Ruby
	115	711	101	TVA	Les Gags	Occupation	Caméra café	Taxi 0-22 (SC)	La Promesse (HDTV) (N) (SC)		TVA nouvelles	(10:45) Denis Lévesque	
	126	730	102	RDI	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI économie	Le National	Le Téléjournal
	526	507	249	VIVA	Judging Amy		Missing The prime suspect.		The Closer "Next of Kin"		Da Vinci's Inquest		Psychic Inv.
	300	601	301	M1	*Moscow Zero*	(7:20) *The Strangers* (2008, Suspense)			*Rendition* ★★ (2007, Suspense) Jake Gyllenhaal.				*What Doesn't*
	305	612	306	PIX	*Bright Lights*	(7:20) *Top of the Food Chain* (1999)			*The Relic* ★★ (1997, Horror) Penelope Ann Miller.				*Friday 13th 3*

critics'corner

It's the Great Pumpkin, Charlie Brown

Some 43 years after its first airing, this animated gem remains one of the best, as young Linus patiently sits in his "sincere" pumpkin patch waiting for the Santa-like Great Pumpkin to reward him with Halloween largesse. Arguably second only to "A Charlie Brown Christmas" among the many "Peanuts" specials. 8 PM on ABC

NCIS

Don't get yourself wrapped up in an inner-city gang war when you're investigating the death of a Marine. Making matters worse, Gibbs must face down demons from his past when he finds a cryptic message waiting for him at the crime scene. 8 PM on GTV CBS

Being Erica

Wait, isn't being able to keep a secret a good thing? But when Erica is caught in the middle after being told multiple secrets by multiple people, she realizes that keeping her mouth shut isn't always the best policy in the new episode "Shhh ... Don't Tell." 9 PM on CBC

Jon blasts Kate for court no-show

DIVORCE BATTLE Reality TV personality Jon Gosselin says he has put $230,000 back into a joint account he shares with estranged wife Kate as the couple continues their bitter divorce battle. Gosselin criticized his wife for not appearing at a court hearing yesterday. He says she still has not explained how she spent $33,000 in joint funds. THE ASSOCIATED PRESS

Kenya's Style

Kenya Hunt

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MJ's kids in therapy: Sister
Four months after the death of their father Michael Jackson, his kids Paris, 11, Prince 12, and Blanket, 7, have turned to therapy to cope with their grief, Michael's sister LaToya Jackson tells London's Mirror newspaper, people.com reports. METRO NEWS SERVICES

Celebrity Buzz

Ivanka ties knot with paper owner

WEDDING BELLS Jewelry designer and entrepreneur Ivanka Trump is a married woman, usmagazine.com reports. The 27-year-old daughter of Donald Trump swapped vows with New York Observer owner Jared Kushner Sunday in New Jersey, the website has confirmed.

The afternoon nuptials took place on the grounds of the Trump National Golf Club in Bedminster, New Jersey. Ivanka wore a Vera Wang wedding gown, inspired by Grace Kelly.

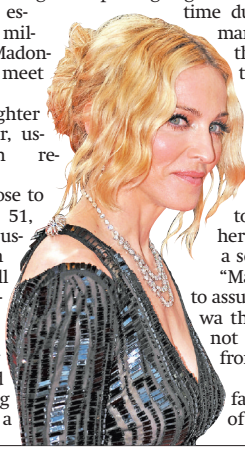
"She was the most stunning bride," a rep for Ivanka tells Us. Despite a short engagement, Ivanka says the plan for her special day quickly fell into place — thanks to a wedding planner who kept her on task.

"I only had a three month engagement so it was all done pretty quickly," the newlywed told Us before the ceremony during the launch party for her new book Trump Card.

METRO NEWS SERVICES

Madge plans to meet Mercy's dad in Malawi

FACE TO FACE During her trip to Malawi to establish a $15 million school, Madonna plans to meet three-year-old adopted daughter Mercy's father, usmagazine.com reports.



A source close to the pop star, 51, tells usmagazine.com that she will meet 24-year-old James Kambewa — who currently works odd jobs including serving as a night guard — for the first time during her humanitarian trip to the African nation.

"Madonna wants to meet Mr. Kambewa because she does not want to deny Mercy her background," a source tells Us. "Madonna wants to assure Mr. Kambewa that Mercy will not be delinked from her roots."

Still, another family member of Mercy's isn't happy with the pop star's plan. Mercy's uncle, Peter Baneti, tells Us that her family in Malawi doesn't approve of the meeting because Kambewa has only claimed paternity of Mercy after news of the adoption first emerged in April.

"We do not recognize Kambewa as Mercy's father," Baneti says. "He just came out of the woodwork to claim paternity while he was not there when my sister was pregnant."

Madonna will also spend the trip meeting with President Bingu wa Mutharika, who will likely grant her honorary citizenship.

METRO NEWS SERVICES

Celebrity tweets

Gene Simmons has to work at fitting into his spandex trousers, Josh Groban is fine with other celebrities leaving Twitter, Kirstie Alley isn't interested in nice guys, and Diablo Cody finds her beauty regimen exhausting,

• @genesimmons
...cutting down on sweets...god help me, I love cookies...

• @joshgroban
I am waiting this quitting Twitter thing out until I'm the only one left. Mine I say!! Alll miiiine!! Mwa ha

• @kirstiealley
I don't want a man who "listens" and is "calm" grrrr...I want a man who is on fire and is wild and funny and is BRAVE..I love BRAVE men @diablocody

I feel like my entire life is just a losing battle with my eyebrows.

True Blood co-stars find true love

ROMANCING THE SAND When Stephen Moyer proposed marriage to his True Blood co-star Anna Paquin, he looked to his onscreen vampire character, Bill Compton, for a little inspiration, people.com reports.

"There's a song Bill listens to in the car about a white sandy beach," Moyer tells British Glamour magazine in its November issue. "So we decided to go away for a break — to a white sandy beach — and that's where it happened."

Moyer, 39, and Paquin, 27, managed to keep their off-screen romance a secret on the set until an awkward love scene forced the actor to do the honorable thing and 'fess up. "One of the cast had to do an intimate scene with Anna," says the Brit actor. "I felt it would be so wrong for him to do it, then find out down the line that we were together."

METRO NEWS SERVICES

Jen not the Botox kind

SHE'S A REALIST Jennifer Aniston admits she's tried Botox, but it's not for her. "You see women and you know they're not young but you can't tell how old they are," she says, according to Ireland Online. "It makes them look harder. The warmth in their face goes away. It is not a good look."

The former Friends star says instead that she plans to age gracefully — eventually — and is relying on a healthy diet to keep her looking good.

"I'm a realist," she explains. "If I eat burgers and fries everyday I wont get the parts I'm offered. I'd become a character actress. That might be fine one day, but not right now."

METRO WORLD NEWS

Joe Jackson a great dad: Al Sharpton

ALL YOU NEED IS TOUGH LOVE Al Sharpton singled out Joe Jackson as an outstanding parent. Jackson, who has weathered accusations of abuse from his children, especially his late son Michael Jackson, was recognized with an award by Sharpton's National Action Network over the weekend. "The arrogance of (people) attacking a man for being a stern father," Sharpton said.

METRO WORLD NEWS

Haggis rejects Scientology

PROP 8 DEAL BREAKER Oscar-winning director Paul Haggis has resigned from the Church of Scientology over the controversial religion's backing of California's Proposition 8, a legislation that restricts the marriage of same-sex couples.

METRO WORLD NEWS

Moss questions celeb status

FAMOUS? ME? Kate Moss isn't a fan of being famous — and after all these years she still doesn't understand all the tabloid attention. "It's not me, it's a character I'm made into," she tells Observer Woman magazine.

"I have no idea why people are interested in me. I don't like being famous. It encroaches on your life a lot." But the famous supermodel is learning to live with the spotlight.

"It makes me feel a bit uncomfortable talking about it, actually. But it's something I'm learning to deal with."

METRO WORLD NEWS

LiLo accepts life with paparazzi

SPOTLIGHT'S FINE Lindsay Lohan says she's learning to live and let live with the paparazzi. "I don't notice it," she tells Britain's Style magazine. "There are times when it drives me nuts, but it's been going on since I was 13. 10 years. I don't know if I can change it."

As for all the stories about her personal life, Lohan says she's flattered by the attention. "When I don't give people opportunities to write something, they make something up. It's flattering that they are that interested in me."

METRO WORLD NEWS

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Thursday Partly cloudy 15°/ 9°

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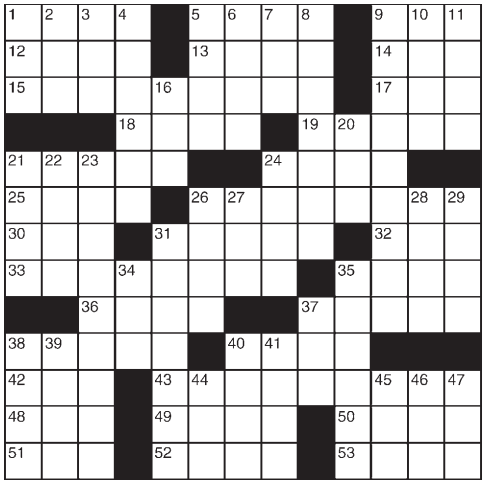

ACROSS

1 "— the night before ..."
5 Out on the briny
9 Branch
12 Near the treasure
13 Sci. course
14 Pi follower
15 Salad ingredient with a heart
17 Aviv preceder
18 You, to a Quaker
19 Bobby of Indy 500 fame
21 Nebraska city
24 Money of Ethiopia
25 Lean and supple
26 High- — (hockey infraction)
30 Superlative ending
31 Heart line?
32 Pirouette pivot
33 Airport listing
35 Sawyer's pal
36 Orsk's river
37 Surround
38 "Get lost!"
40 First victim
42 Spoon-bender Geller
43 Missile launchers
48 Extinct bird of New Zealand
49 Hiding spot
50 Shaving cream additive
51 Possess
52 Use a keyboard
53 Misrepresent

DOWN

1 Old airline initials
2 Kids' card game
3 Illustrations
4 Forge
5 Rue the run
6 Oxford, e.g.
7 "A mouse!"
8 Neil Diamond hit
9 Joint woe
10 Comical Caroline
11 Gangster's gal
16 Dance syllable?
20 Noah's creation
21 Hasn't paid yet
22 Catchall abbr.
23 Evoking Camelot
24 Nibble
26 Satan's buy
27 Bygone MTV show
28 Zilch
29 Well-bred chap
31 Inflexible
34 Mound stat
35 Guys
37 Puccini's "Un — di"
38 Wrestling style
39 Boast
40 On
41 Tour de France need
44 Siegfried's partner
45 Wapiti
46 Fish eggs
47 Evergreen type

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

			5	3				4
1		4		8		5		
					9			8
	6	1	7	5		3		
		8				7		
		2		9	6	8	4	
6			4					
		3		6		2		9
8				2	5			

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

6	9	7	3	2	4	1	8	5
4	1	5	9	6	8	7	3	2
8	2	3	5	1	7	4	6	9
7	8	9	6	4	3	2	5	1
2	5	6	1	8	9	3	4	7
3	4	1	7	5	2	6	9	8
9	7	2	8	3	6	5	1	4
5	3	8	4	7	1	9	2	6
1	6	4	2	9	5	8	7	3

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca

Metro Recipe of the Day

Pineapple Beef Stir-Fry

INGREDIENTS:

1 can (28 oz/796 ml) pineapple chunks
1/2 cup (125 ml) minced cilantro
1/4 cup (50 ml) soy sauce
1 tbsp (15 ml) ground ginger
1 lb (500 g) beef steak, thinly sliced
1 tsp (5 ml) cornstarch
2 tsp (10 ml) vegetable oil
1 medium red pepper, thinly sliced
1/2 cup (125 ml) cut fresh green beans
1 tbsp (15 ml) chopped chili peppers
2 garlic cloves, minced
2 green onions, sliced

METHOD:

1. Drain pineapple, reserving 1 cup (250 ml) pineapple and 3/4 cup (175 ml) juice (Save remainder for another use).
2. Combine cilantro, soy sauce, ginger and reserved pineapple juice. Remove 3/4 cup (175 ml); cover and refrigerate.
3. Combine beef and remaining marinade. Refrigerate 30 minutes. Discard marinade. Mix cornstarch and reserved juice mixture until smooth.
4. Stir-fry beef in oil 5-6 minutes. Remove beef with slotted spoon and keep warm. Add pepper, beans, chili peppers and garlic to skillet; stir-fry 5 minutes. Stir juice mixture into skillet.
5. Bring to boil; stir 1 minute or until thickened. Add onions, beef and reserved pineapple. Serve over rice.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
Don't feel guilty about leaving boring tasks to others because the planets urge you to focus only on things that are new and exciting.

TAURUS ♉
APRIL 21-MAY 21
Don't make too many plans today because Saturn's change of signs on Thursday will disrupt things in unexpected ways.

GEMINI ♊
MAY 22-JUNE 21
You can tell without knowing why that something out of the ordinary is going to happen. But that is not an excuse to hide yourself away.

CANCER ♋
JUNE 22-JULY 22
You may have been running here, there and everywhere recently but now you must take life more slowly.

LEO ♌
JULY 23-AUG 23
Live for the moment and don't waste time wondering if things might have turned out better had you done this or that.

VIRGO ♍
AUG 24-SEPT 22
You may not understand why certain events had to happen but you do understand that you can't turn the clock back.

LIBRA ♎
SEPT 23-OCT 23
No matter how complicated life seems to get this week you must never forget that there is always a simple explanation for all that happens.

SCORPIO ♏
OCT 24-NOV 22
The Sun in your sign will help to protect you from harm, but that's not an excuse to push boundaries beyond where you know they should be.

SAGITTARIUS ♐
NOV 23-DEC 21
The future is nowhere near as bleak or as barren as certain people are encouraging you to believe. Life always changes.

CAPRICORN ♑
DEC 22-JAN 20
If you feel like shutting yourself off from the world and being alone with your thoughts, do so.

AQUARIUS ♒
JAN 21-FEB 18
This should be a relaxed and enjoyable day for you and it will be more enjoyable still if you share it with people on the same wavelength.

PISCES ♓
FEB 19-MARCH 20
Despite past mistakes, you don't need to question if you are going about things in the right way.

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+Taxes & other fees (including service charges): $228

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Sirenis La Salina Varadero • 4★
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$639
+Taxes & other fees (including service charges): $222
Departure tax: 25 CUC cash, paid locally

Gran Bahia Principe Punta Cana • 5★
All-Inclusive • Junior suite
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+Taxes & other fees (including service charges): $305

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